6 SUPER RECOVERY FOODS YOU MUST EAT!

jiu-jitsu™ magazine

THE TAO OF MAGID

MAGID HAGE ON LIFE AND JIU-JITSU

PLUS

+ Anderson Silva Goes NoGi
+ RELAX – You Can Do It
+ What Ails You?
+ Holiday Gift Ideas
+ NoGi Worlds and US Open Coverage

December 2016 Issue 51

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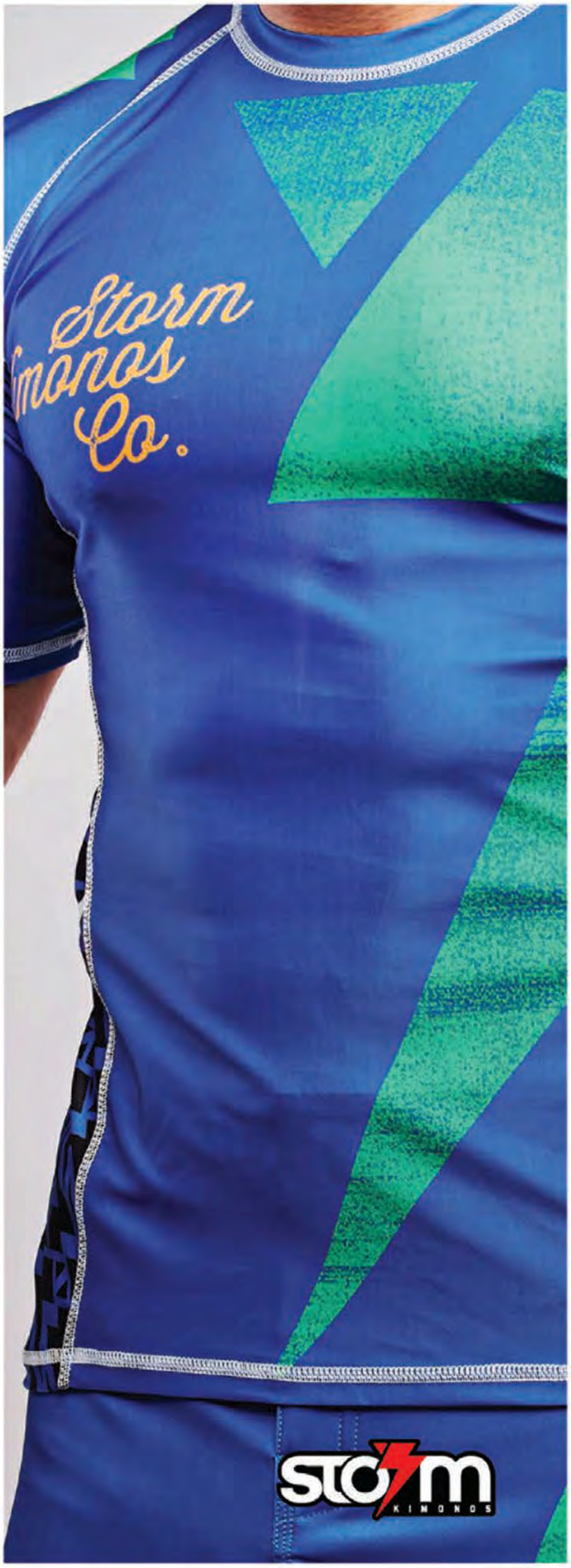
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CONTENTS ISSUE 51 DECEMBER 2016

LIFE

006 EDITORIAL
Finish Strong

008 WEIGHING IN
New Gear and News

020 PROMOTIONS
Belts and Stripes

032 THE LIFE
White Belt Chronicles - The White Belt Curse

038 THE LIFE
Holiday Gift Guide 201

042 THE LIFE
Take The Referee Challenge

062 GEAR LAB
The Ultimate Guide To Buying A Gi

068 GEAR LAB
- SISU MAX GUARD NEXTGEN
- FUJIfit Soft ettlebell
- RingToCage Deluxe Grappling Dummy 3.0

088 EVENT COVERAGE
BJJ Tour 2016 US Open

108 EVENT COVERAGE
IBJJF No-Gi World Championships

SKILLS

046 COVER FEATURE
The Tao of Magid Hage - Living the jiu-jitsu life on a daily basis

074 TECHNIQUE
Anderson "The Spider" Silva ditchest the gi to show us some of his favorite No-Gi techniques

FUEL

022 GRUB
Six Recover Superfoods

026 SUPPLEMENTS
Grappler's Guide to Acupuncture

BODY

098 MEDIC
Ask the Doctor

102 GAINS
Bulletproof Your Ankles

MIND

092 MIND GAMES
Learn to Relax

114 SUCCESS
Levi Bunyan - Ever see an A7 gi?

MEET THE EXPERTS

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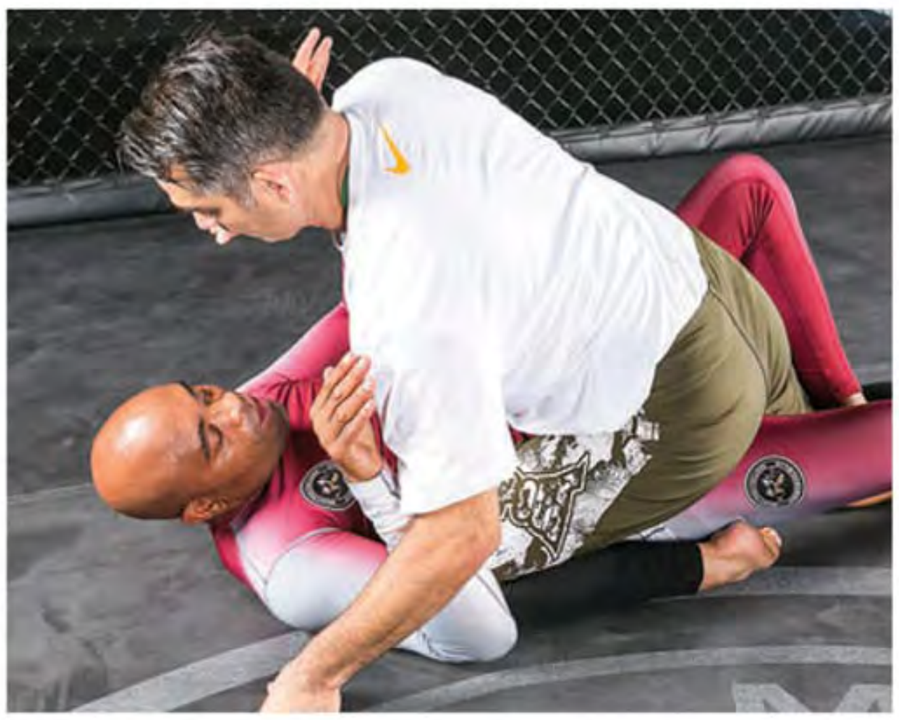
ON THE COVER

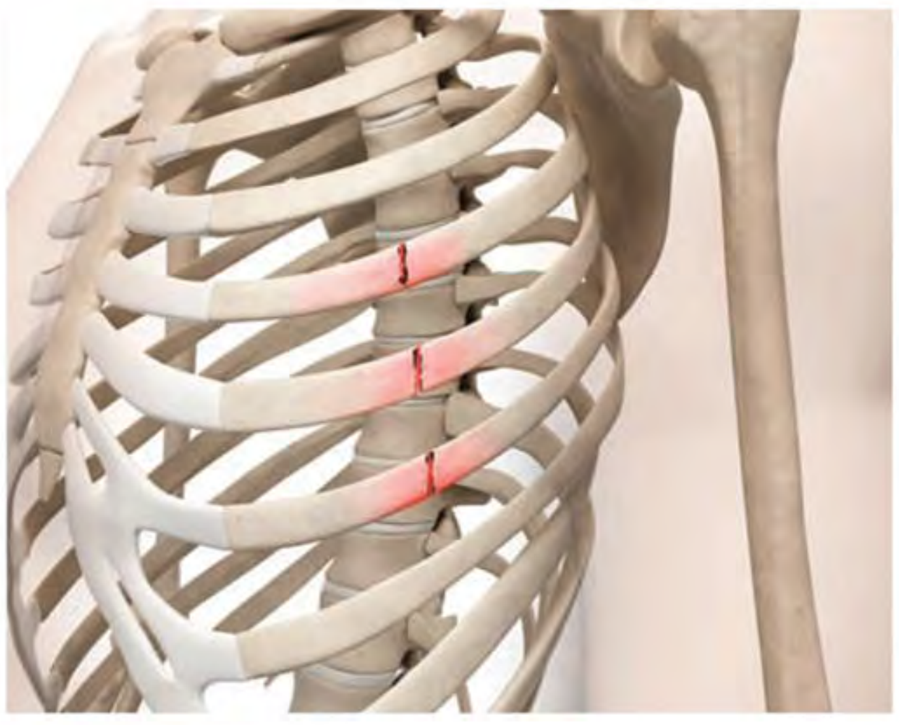
Magid Hage is living the jiu-jitsu life.

Photo: Garrett Highhouse



074 **TECHNIQUE**
Of course the Spider knows no-gi.

088 **EVENT COVERAGE**
2016 US Open



098 **MEDIC**
Ask The Doctor Anything

EDITORIAL

FINISH STRONG

IIF YOU HAVEN'T NOTICED BY NOW, I'M A BIG FAN OF THE CLICHÉ. IN ORDER FOR SOMETHING TO BECOME A CLICHÉ, IT PROBABLY RINGS TRUE MORE OFTEN THAN NOT. Think of your favorite cliché, say it out loud. Does it apply "most" of the time? See, I told you. One of my favorite clichés is, "It's not how you start, it's how you finish." Some say that variations of this saying can be rooted to scripture. Wherever it came from, it couldn't be more applicable to jiu-jitsu. In a jiu-jitsu match, maybe someone scores a big takedown and starts off strong. Maybe they wasted all their energy trying to score that takedown. By the end of the match, they might be up by points, but they didn't pace themselves, they expended so much energy going for those points that in the final minute they're spent. And what happens then? They end up falling for a trap and lose by leglock, or some other submission that they might otherwise have been able to defend if they had any gas in the tank.

You're reading our December issue, the calendar's about to turn over, and everyone's going to be focused on their diets, getting to the gym, quitting a bad habit, being more organized. It's easy to start off the year with all these resolutions, and the good habits you're going to start. I already have a couple in mind that I'll be paying a bit more attention to. In a perfect world, we'd all have good habits and no bad habits, but we're human. Turning the calendar over does have some sort of physiological effect that helps with our motivation to be better. But starting stron isn't what counts, it's how you finish. Take a quick audit of your own fitness and jiu-jitsu goals for the year; how'd you finish? Did you accomplish all of them or even most? If so, good for you! Proceed to the next page. If you fell far short of your goals and aspirations you started the year off with, then keep reading. There's still time to finish 2016 strong. Right now I want you to thin of the most important goal that you started the year off with but fell short. What would you d differently next time to ensure its achievement? Whatever you answered I don't want you t wait until January 1st. I want you to start right now. Which habits can you perform regularly that will make that goal a reality? One of my resolutions last year was to cut down on the ice cream. During the summer I was putting down more Ben and Jerry's than I wish to admit. One day at the grocery store I was picking out my selection and remembered that what I was about to do was in direct conflict with my goal. Since then there's not been any ice cream in the house (sorry kids). So whatever you think you're going to aim for next year, or fell short of last year, think of what you can do to achieve those goals and do them now and don't wait. It's like getting a rolling start to a race, and this time you're going to finish. Don't burn yourself out in January. Think of what it's going to take to finish strong a year from now. Pace yourself so you can finish strong and start today!

KEEP ROLLING!

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jiu-jitsu magazine

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Not Pictured

Brown belts
Gutemberg Pereira - Gold
Absolute NoGi World Champion

Sebastian Black -
Super Heavy - Bronze

Purple belt
Matheus Gabriel -
Feather weight - Gold

Mike Musumeci
Light Feather Weight - Gold

Tammi Musumeci -Gold
Light Weight - 3X No-Gi World Champion

Osvaldo Moizinho & Samir Chantre
Feather Weight - Gold - Silver

Yuri Simoes -Gold
First-ever 2x black belt absolute champion

GAMENESS PRO TEAM MAKES HISTORY AT THE IBJJF NOGI WORLDS!

Kim Terra
Feather Weight - Bronze

Marcos Tinoco
Middle Weight - Bronze

Caio Terra - Gold
Rooster Weight - 9th gold medal as a Black belt in 10 editions of the IBJJF Worlds NoGi

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WEIGHING IN

MORE MOYA!

MOYA HAS ALWAYS PRODUCED UNIQUELY DESIGNED JIU-JITSU GIS THAT HELP ENCOMPASS THE JIU-JITSU LIFESTYLE. TWO OF THEIR NEW GIS HOLD UP THAT TRADITION. The first is the "Realist" shown in white. This single weave is the perfect mix of durability and comfort. The lightweight designs make it ideal for competition, but still durable enough for day-to-day training. The 10oz cotton twill lightweight pants are a nice complement to the awesome top. The other is the Boulevard. The Boulevard, like the Realist, is cut from lightweight PRO Tek pearl weave, has black contrast stitching, woven patches, and triple stitching in all the critical seams. The Pants are made of 10oz cotton twill, is strong and lightweight. This SoCal brand seems to draw influence from Southern California street wear, and it makes for a trendy jiu-jitsu gi.

Moya also released their new fall collection of apparel that grabs inspiration from jiu-jitsu, surf, and skate. Along with comfortable graphic tees, the line also includes new sweat pants, perfect for a jog along the beach or getting in a soul crushing workout between jiu-jitsu days. Also in the fall line are new hoodies and this great looking track jacket. For more details and information on both the apparel and gis along with pricing, check out their website.

moyabrand.com

BE A WARM BLOKE

Everyone should have at least one hoodie in his or her wardrobe. If you're in search for one, or need to add another to your collection, take a look at Scramble's new Scramble Box Logo Hoodie available in both Ash Grey and Navy. This awesome cotton/polyester brushback blend will keep you warm waiting for your match to be called or while you scramble to find your loved ones gifts. It also ma es a great gift in itself! The Box Logo design is also available in crew neck as well. Don't wait on these, they're sure to be a popular items this year. They look pretty damn good and are priced at just $49.99 each. That's not a typo. Don't wait.

scramblestuff.us

SHINJU GI FOR WOMEN

In a sport dominated by males, it's great to see companies expanding into the growing demographic of women grapplers. The Shinju Gi from Hayabusa is unique in that it has been specifically designed for women. It's cut from 450 GSM pearl weave. The cut itself is unique since it's tapered and fitted for a typical woman's body. It also is the lightest Hayabusa gi available. It's available in three different colors: white, blue, and black. For more details, check out Hayabusa's website.

hayabusafight.com

The Gift That Keeps You Safe

Well, we didn't think we could fit this one into a stocking, so it didn't make our Holiday Gift Guide. It's still however a great gift for your favorite academy owner and/or instructor. Control-35, made by Pioneer and distributed by EZFlex, is a one-step disinfectant/cleaner made for vinyl wrestling and jiu-jitsu training mats. It's effective against a ton of different viruses, fungi, and bacteria including MRSA, staph, HIV-1, strep, and herpes simplex. It also inhibits the growth of mold, mildew and the odors they produce. It's priced at $40/gallon and is the gift that will help keep you and your teammates training through the holidays.

ezflexmats.com

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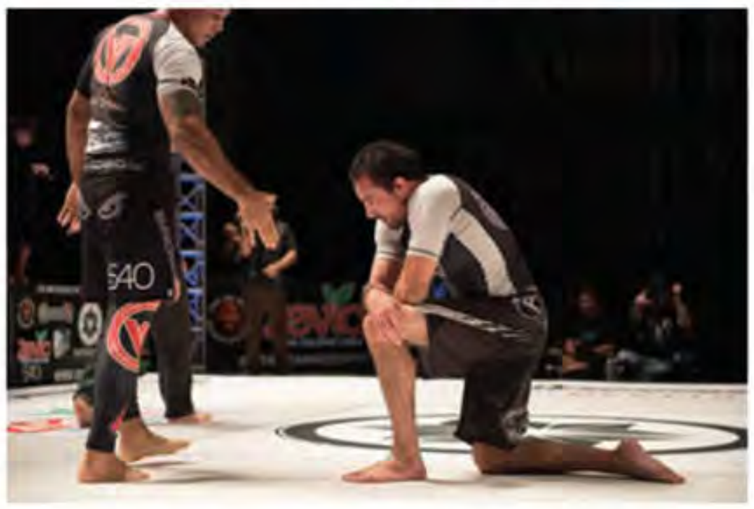
WEIGHING IN

EBI 9 TONON'S TECHNIQUE TRUMPS ALL

Coverage Powered by HYPNOTIK

I've got to be honest. After watching so many grappling events and several EBI's, it became harder to get excited for another one. Especially knowing how dominant the Danaher Death Squad has been in recent EBI events. In spite of that, this event quickly became one of my favorite EBI's ever. Gordon Ryan was slated to face the best light heavyweight grapplers in the popular, submission only invitational. After watching the countdown show, it was safe to say that Ryan was a strong favorite to win yet another EBI title. Unfortunately due to a last minute injury, Gordon was forced to bow out of the event. He was replaced with EBI veteran and champion Garry Tonon. With two other EBI belts on his mantel (lightweight and welterweight) Tonon would fight 205lb grapplers. The night started off as planned for Tonon with the submission of Jimmy Friedrich. He would then face Adam Sachonoff in the 2nd round. After



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JUNE 10TH
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SANTA CRUZ - KAISER PERMANENTE ARENA
JUNE 24TH
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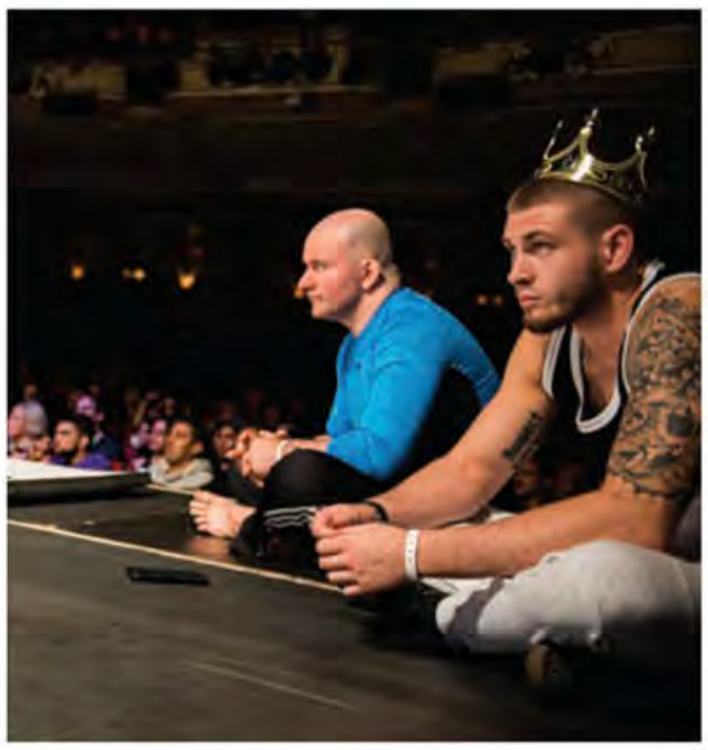
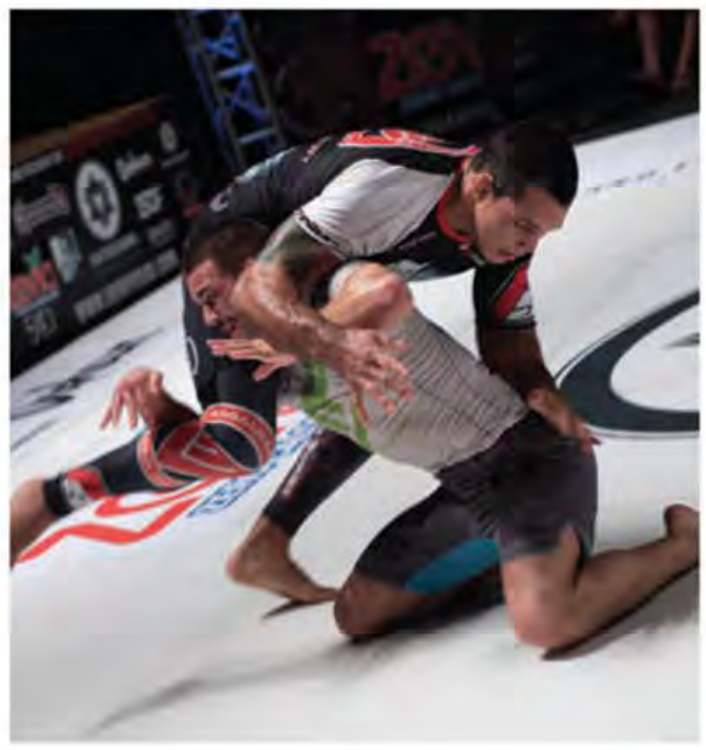
WEIGHING IN

much back and forth, Tonon was able to secure a victory in overtime. In the semifinals, he met with Daniel O'Brien, again winning in overtime. It's rare that we see Garry fight in the overtime rounds because of his submission abilities in regulation. This may have taken a toll on his cardio in the finals with Vinny Magalhaes. Nevertheless, fighting short notice, in a heavier weight class, Tonon was able to pull through.

In what could have been one of the most memorable finals matches in EBI history, Tonon secured the victory in overtime to earn his third EBI belt! Other memorable moments include a twister finish by Eliot Kelly, and a strong performance by Matt Kirchuehm. In the special match, Lynn Vuong pulled off a submission victory. Great job to all the competitors!

ebiofficial.com





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BREW JITSU

Imagine combining two things you love: how about craft bee and jiu-jitsu? Sounds good to me! That's what happened recently at Fulton Brewery's Brew Jitsu event in Minneapolis, MN. The brewery partnered with Mission 22, the charity that helps with the plight of veterans committing suicide. Fulton made space in the brewery for plenty of mats furnished by Fuji Mats. Guests were invited to take part in seminars, open mat, and a long list of super fights. The event was sponsored by Blood Sweat Chemo, Fuji Mats, Shoyoroll and was put on in support of Mission 22.

J1 GI COLLECTION

Since they came onto the jiu-jitsu market, Jiujiteiro has been producing high quality apparel inspired by the jiu-jitsu lifestyle. Their shirts designs are unique, creative, and clean. So what happens next when you create a successful jiu-jitsu apparel company? Yup, a gi. The wait is now over as they've announced the release of the J1 Gi Collection. This minimalist gi sports the iconic logo with fine attention to detail. You can get a good look at the first version on the cover and in the technique article in this issue with Magid. The white version will only be available for a limited quantity. After that, it's black, and then when those are sold out, it's onto another color. The point of this story, if you like the white, get it now!

jjtro.com

On a Mat, Far Away...

Imagine you're a kid that goes to jiu-jitsu class every day. You love going, can't wait for tomorrow's class. How could things get any better? Mom or dad brings home one of these official licensed DC Superheroes Kids Rashguards. They are all available in both long and short sleeve. Not only will these rashguards help protect kids from nasty skin infection at class, they'll also help protect their skin outside of class. Each is rated UPF 50+. Choose from one of four superheroes: Aquaman, The Flash, Batman, or Superman.

fusionfightgear.com

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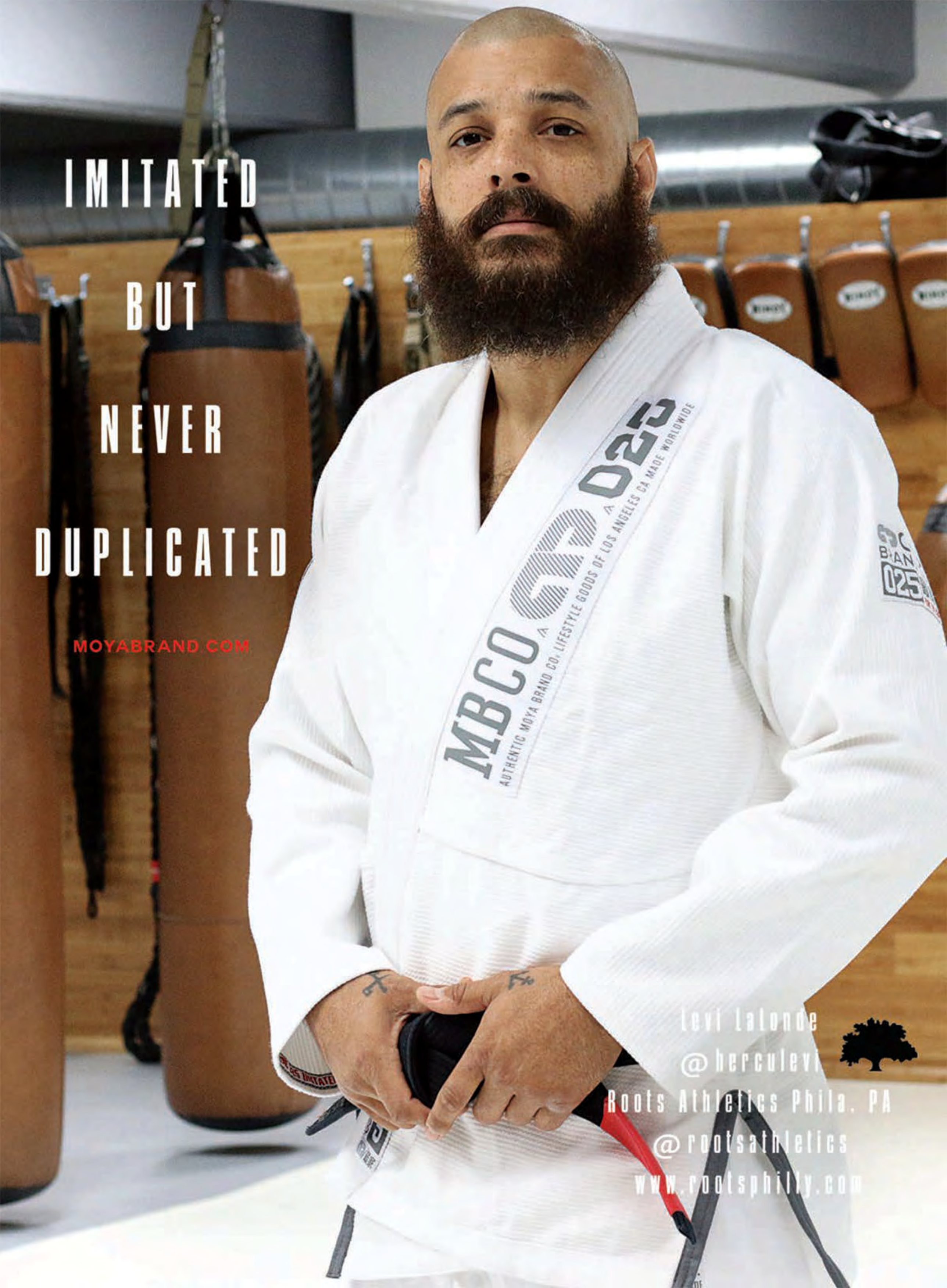

WEIGHING IN

TO GI OR NOT TO GI

ON SATURDAY, NOVEMBER 5, 2016, UNDER THE SOUTHERN CALIFORNIA SUN, IN SANTA FE SPRINGS, IT HAPPENED. A VISION THE GUYS AT GRAPPLETV HAD BEEN CONTEMPLATING FOR YEARS. The guys known for their Brazilian Jiu-Jitsu tournament photography orchestrated a gi/no-gi invitational tournament that would come to be called, "2 Gi or Not 2 Gi." The concept was to have the individuals compete against each other in either a gi or no-gi match. The fate would be decided immediately before the competitors would engage. A custom made coin would be tossed into the air, and depending on which side it landed, the combatants would engage in either in their gi or their no-gi attire. Who fought in this event you ask? Well some of the best 15 year old and younger girls from across America and one from Canada. All of the competitors were yellow, orange and green belts and under 115 pounds these girls put on quite a display of intensity, ferocity and class.

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The theme of this event was to put on a good show, test their gi/no gi skills, have fun, and maybe form relationships with their fellow "2 Gi Or Not 2 Gi" competitors. Upon their arrival, the girls received high quality, custom programs which contained their pictures and biography, each girl had a full page of her own, and one of the custom coins. After the weigh-ins, professional photographs and video interviews, the slightly modified rules were explained and demonstrated to them, their coaches, and family members. They were as follows:

- IBJJF scoring
- No time limit
- Winner determination: first to reach 13 points or submission

The battles began. The girls were split into two groups, a heavier group and a lighter group. There were some heavy hitters competing, including, but not limited to Danielle Garcia (Checkmat), Alyssa Wilson (Checkmat), Zoey Chiles (Alliance), Kirsten Banales (Camarillo JJ) and Jessa Kahn (AOJ).

Many were concerned with the no time limit stipulation that the fights would last all night, but this was not to be the case. The event ran smoothly and effici tly with 28 fights total, 23 ending in submission and five ending by the 13-point rule. The referees emphasized no stalling and penalized accordingly, where a few warnings were given, but no disqualifications.

In the end, Jessa Kahn was the tournament victor taking home $1,200 with Kirsten Banales and Danielle Garcia sharing 2nd place. It was a no-gi type of day for Jessa, as the coin ended up no-gi for all her matches. She ended up winning all her matches via submission (armbar). She just might need to change her name to "Baby Armbar Hunter." When the promoters were asked if they were planning another event, the guys at GrappleTv said, "Don't be surprised if you see a boys version in the Spring of 2017!"

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For every two gis that Fight Family Kimono Company sells, they donate either a brand new gi or the equivalent amount in cash to a non-profit youth development jiu jitsu group. Some partners include Vector Jiu Jitsu in Jackson, MS, The Terere Kids Project in Brazil, and Community BJJ in Buffalo, NY. These non-profits have a real impact on their communities and need as much support as possible.

Beth Thrasher of Vector Jiu Jitsu explains, "Vector Jiu-Jitsu operates out of a high school with a graduation rate of less than 50%. **In nearly 4 years of operation, the program boasts a 100% graduation rate from high school.** This outreach is run on volunteerism and funding is primarily from small donations...however, one organization has gone above and beyond to support our goals: FIGHT FAMILY has made thousands of dollars of contributions. They always come through for our kids; we are eternally grateful for their support and belief in the power of jiu jitsu in the lives of our kids."

But the gis don't only support a worthy cause.

"These are premium gis with well thought out designs and superior comfort." says black belt Josh Ketry from Buffalo, NY. "I have a small closet full of gis of all different brands.... and Fight Family gis are honestly the first ones I reach for."

Designers and developers have offered up their services at a fraction of the cost allowing Fight Family to keep the prices reasonable and quality high. The first run of competition gis were designed in a collaboration with Buzz Gear and are available in limited quantities now on **FightFamily.com.**

This holiday season, consider giving more than just a gi..... Give a gi that does good!

FIGHT FAMILY

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DOES YOUR GI DO GOOD?

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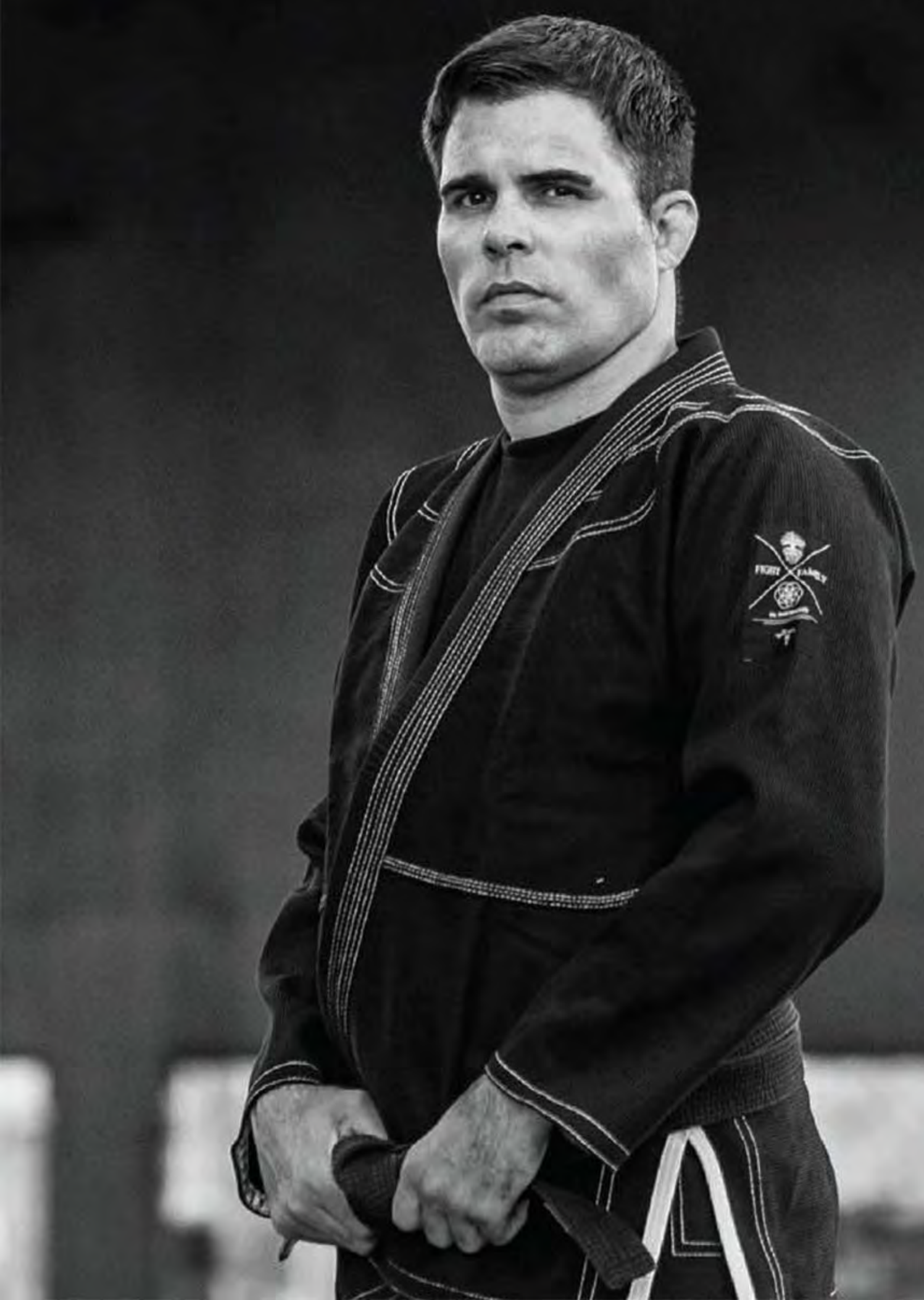

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PROMOTIONS

ELEMENTS TO SUCCESS

Name: Stephen Cawood
Location: Vancouver, Canada

After five years of training at Elements Academy of Martial Arts, Stephen received his purple belt from Royce Gracie and Todd Smith. Awesome job!

THE FIRST RULE OF FIGHT CLUB

Name: James R. Lamar
Location: Lafayette, LA

In 1999, James and some friends watched some old Royce and Rickson Gracie fights. Not long after they started learning jiu-jitsu, they formed their own fight club. 17 years later, he trains at Gladiators Academy of Lafayette under Tim Credeur. Although he has been out a lot over the years due to injury, he finally has received his blue belt! Tyler Durden would be proud.

PASSES AND PROMOTIONS

Name: Chandar Pass
Location: Camas, WA

Congrats to Chandar Pass who was promoted to purple belt this past August. Shown in the photo with him are Mel Locke (black belt) and Jonny Schults (brown belt).

THE JIU-JITSU SHIH TZU

Name: Jared Frampton
Location: Suwanee, GA

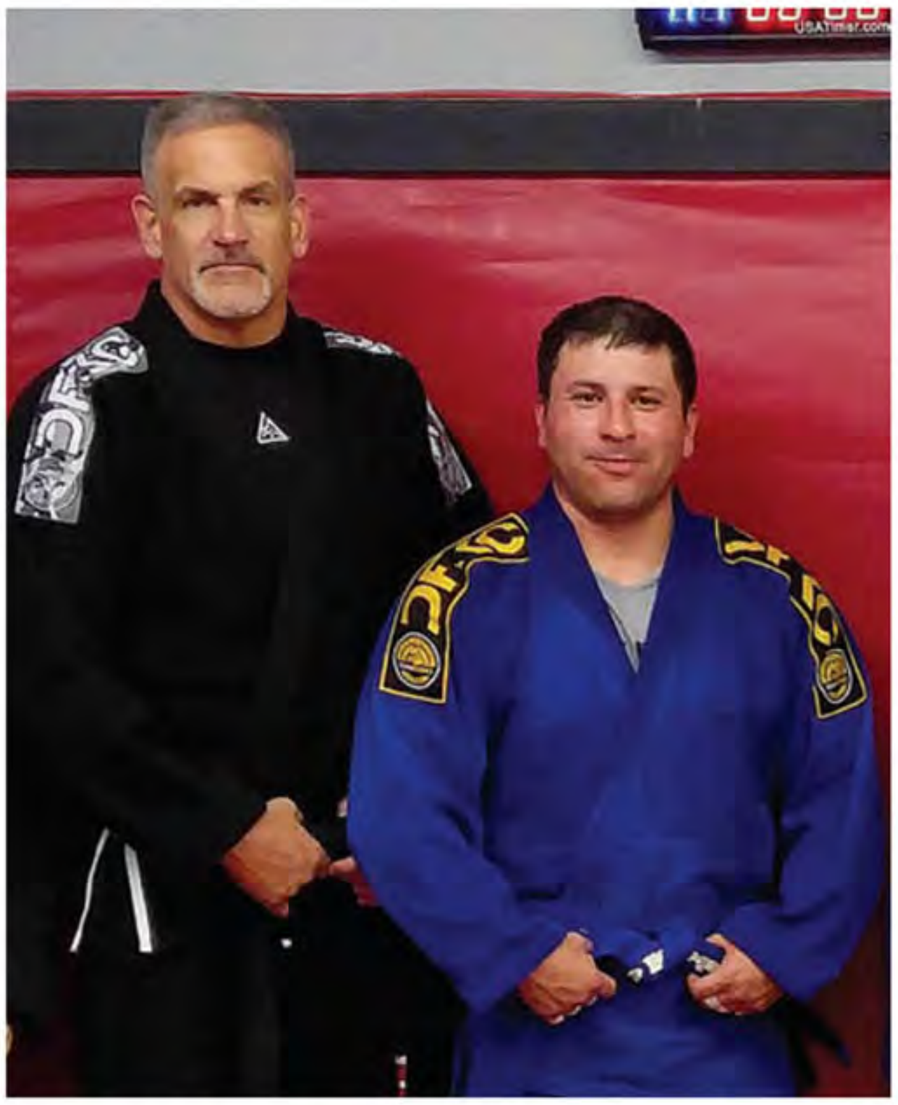
Bravo to Jared for getting his blue belt this past September from Paul Creighton. The dog in the photo is Creighton MMA's mascot (and Paul's dog), Dempsey, aka "The Jiu-Jitsu Shih Tzu".

TOP OF THE WORLD

Name: Matt Shand

Location: Atlanta, GA

Congratulations to Matt Shand on receiving his blue belt! Sam Joseph of Buckhead Jiu-Jitsu promoted Matt on the podium during the IBJJF Atlanta Open!



WE KNOW THAT GUY

Name: Oscar Esqueda

Location: Borger, TX

Oscar Esqueda earned his blue belt from Keith Owen at Black Dragon Martial Arts! Great work Oscar! Check out Keith in Issue 47!

OPENING A CAN OF WHIPPANY

Name: Andrew Messuti
Location: Whippany, NJ

Training out of AMA Fight Club, Andrew Messuti was recently promoted to blue belt by Jonathan Helwig. Keep it up Andrew!

6 RECOVERY SUPERFOODS EVERY GRAPPLER NEEDS

WORDS: **MIKE VELEZ**

PROBABLY THE BIGGEST SECRET TO SUCCESS IN JIU-JITSU THAT'S NOT REALLY MUCH OF A SECRET IS, IN ORDER TO GET BETTER, YOU HAVE TO GET ON THE MATS AND TRAIN. JIU-JITSU IS NOT SOMETHING YOU CAN LEARN OUT OF A BOOK, OR VIDEO, OR EVEN A MAGAZINE. Sure, those all help, especially the magazine, but in order to progress, we have to put in the time on the mats. There are some factors that are difficul to control that challenge us to get on the mats as often as we'd like. One of those difficultie is dealing with the aches and pains that strike our bodies. Those of you in the Masters category, over thirty, know exactly what I'm talking about. Those aches and pains sometimes keep us from putting in the mat time that would help us improve our game. The quicker we can recover, the quicker we can get on the mats. So, off the mats if you can help speed up that recovery time between training sessions, you can get back on the mats quicker and more often. In this article, I'm going to tell you about six recovery superfoods that have been shown to help our bodies deal with inflammation and speed up our body's natural recovery between exhaustive workouts.

CHERRIES

Multiple studies have shown that tart cherries, along with other dark colored fruits, help aid muscle recovery by reducing inflammation and oxidative stress in the muscle cells. What's oxidative stress you ask? It's muscle contractions during exercise which lead to elevated levels of reactive oxygen species (ROS) in skeletal muscle. These reactive molecules will reduce your muscle's ability to generate force and increase muscle atrophy. Both very bad. Tart cherries, blueberries, and other dark colored fruits help to reduce this oxidative stress and in turn help keep you going stronger, longer. Tart cherries also contain melatonin that helps you sleep, so a handful before bed is a great nighttime snack. One word of caution, evidence suggests that milk proteins can diminish the antioxidant benefits of cherries and berries. So to get maximum benefit, don't eat cherries with milk products or whey protein, wait at least an hour in between.

EGGS

Eggs are long regarded as a perfect protein source because they contain all the essential and non-essential amino acids. Amino acids are the building blocks of muscle. So, why is this good for recovery? Every time you put your muscles through an intense workout, muscle damage is being done. In order to get stronger, those muscles need to be repaired. When your body is in repair mode, it's known as the anabolic state. During this state, your body needs all the nutrients it can get. Protein and those aminos are critically important in your body's ability to repair those muscles in the anabolic state. Amino acids help protein synthesis, and therefore muscle synthesis, in the body more than other protein sources.

NUTS

Nuts are a great food to help aid recovery. In particular, almonds and walnuts have shown to have the greatest effect. Nuts are rich in fiber, protein, and most importantly to recovery, fat. [But good fats, like Omega-6.] Almonds provide your body with Omega-6 fatty acid. Our diets are typically high in Omega-6; however, most of that comes from vegetable oils. There are different types of Omega-6 fatty acids and not all of them have anti-inflammatory properties; however, the ones contained in almonds and walnuts do. Along with this benefit, Omega-6 also helps to regulate metabolism and maintain bone health, both good things for grapplers. The fiber and protein in almonds also helps to stabilize blood sugar and slows digestion, regulating energy. They're also packed with magnesium, which helps to produce energy, supports the immune system, helps to relax muscles, and improves sleep patterns. All benefits to aid recovery.

YOGURT

Yogurt that's low in fat and sugar is a great recovery aid, as is many other fermented foods. Greek yogurt in particular is a great choice. It contains plenty of protein and carbs, which your body needs for recovery. The protein found in Greek yogurt is almost entirely casein. Casein digests slowly in the body and is ideal for muscle recovery while sleeping. A study recent study found that consuming casein after a workout, and 30 minutes before bedtime, led to greater muscle protein synthesis compared to a placebo. Yogurt, along with other fermented foods, are also high in probiotics. Probiotics are shown to promote good gut health. A healthy gut leads to a healthy body. If you're not fond of Greek yogurt, you can find similar benefits from cottage cheese as well. Whatever type of yogurt you choose, make sure to avoid anything high in sugars or fats.

SPINACH

Spinach, along with other leafy greens, should be part of any diet, especially an athlete's. Spinach in particular is very high in anti-inflammatory compounds including alpha-linolenic acid [ALA] which is a kind of Omega-3 Fatty acid. Your body can change ALA into EPA and DHA. Omega-3 fatty acids, especially EPA and DHA, have been shown to help reduce inflammation and prevent chronic diseases like arthritis; that's good for grapplers. Spinach also contains Vitamin E and other anti-inflammatory compounds including glycoglycerolipids. Recent studies have found that glycoglycerolipids from spinach can help protect the lining of the digestive tract from damage, especially damage related to inflammation. Many of the anti-inflammatory nutrients in spinach also provide antioxidant benefits as well. Great for reducing the oxidative stress that a long grueling training session can put on our bodies.

WATER

Yes, water. Think basics here. In order for your body to recover from any strenuous challenge it must be properly hydrated. Water is crucial for proper body temperature regulation along with muscle and heart function. Reducing hydration by as little as 2% reduces athletic performance and muscle strength. This is because dehydration can lead to loss of blood plasma volume which affects circulation and keeps the good stuff from getting where it needs to go. Some studies have shown that there may be a link between testosterone to cortisol ratios. Cortisol is a stress hormone that increases during heavy training. An increased level of cortisol has an adverse effect on testosterone levels. A low testosterone to cortisol ratio has been shown to have a negative effect on athletic performance. Water is essential for life and recovery. Stay well hydrated before, during, and after your training.

LET'S EAT

These are just some of the foods that you need to mix into your diet to help your body aid in recovery, not just from your jiu-jitsu training but also from the day-to-day struggles of life. Other foods to keep in mind when it comes to recovery are: tomatoes, nuts in general, fruits in general, olive oil, leafy greens, fatty fish, goji berries, artichokes, kidney beans, cranberries, pineapple, apples, and more.

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ACUPUNCTURE

A Guide for Grapplers

WORDS: **L.K. CLORA**

Editorial Note: We've decided to place this article in the "Supplements" column because we feel that acupuncture should be seen as a supplement to more traditional forms of medical treatment. This article is provided as general education and is not intended to treat or cure any condition. Anyone reading should speak directly to his or her personal health care provider about their specific medical needs.

PRACTICING JIU-JITSU ON A REGULAR BASIS OFTEN RESULTS IN PLENTY OF ACHES AND PAINS AND SOMETIMES INJURY. THERE ARE MANY ROUTES YOU CAN GO ON TO TREAT INJURY, ACHES, AND PAINS. You can go to a chiropractor or physical therapist; this is common among jiu-jitsu practitioners. You can go see your medical doctor; a little more rare for the minor stuff. However, for some, the first choice might be their acupuncturist. Acupuncture is the insertion of fine needles into specific areas of the body known as acupuncture points. The theory of acupuncture was first documented in an ancient Chinese text called "The Yellow Emperor's Classic of Internal Medicine" which is thought to have been written around 2,500 years ago. Warriors and soldiers have historically received acupuncture to improve their stamina and endurance. It is believed that missionaries and other people returning from the Chinese colonies first brought acupuncture to Europe in the 17th century. However, its use did not become widespread until the 1970s. Today, the theory of medicine discussed in the "The Yellow Emperor's Classic of Internal Medicine" still plays a major part in the practice of traditional Chinese acupuncture. Over the last few decades, as acupuncture has increased in popularity in the West, medical acupuncture (also known as Western acupuncture) has emerged. Many jiu-jitsu practitioners swear by its effectiveness in combating routine ailments like backache, joint pain, and even weight loss.

Top jiu-jitsu and MMA athletes including Roger Gracie and Vitor Belfort turn to acupuncture to deal with the rigors of training.

» THE THEORY

Traditional Chinese medicine is a complete healing system and has a different philosophy from that of conventional medicine. It has its own theory of what causes disease, its own system of classifying disease, and its own diagnostic style. It is based on the theory that we all have energy, or life force, called Qi [pronounced 'chee'] flowing through our bodies. While Qi is said to flow in all parts of the body, it is mostly concentrated in defined channels along which lie the acupuncture pressure points. In a healthy person, Qi is said to flow freely, be evenly dispersed, and be neither lacking or in excess. Illness is seen as a disharmony or imbalance due to blocked Qi. Variations in Qi can occur at physical, emotional, and spiritual levels. The concept of Qi is used to explain physical, mental, and spiritual processes in the body.

Another fundamental concept in traditional Chinese medicine is that of Yin and Yang. These are opposite but complementary forces whose perfect balance within the body is essential for well-being. Yin denotes cold, damp, slowness, and darkness. Yang denotes heat, dryness, action, and light. It is the interaction between Yin and Yang that gives rise to Qi. In traditional Chinese medicine, disease is described in terms of our patterns of disharmony, most commonly using imbalances in Yin and Yang as a basic cause. Diagnosis involves assessing patients Qi, while treatment involves manipulating it in some way. The focus of traditional Chinese medicine is on stimulating the body's own healing responses to help restore its natural balance and so improving the overall well-being of the patient.

WESTERN INFLUENCE

Western acupuncture does not fully embrace the methods used in traditional Chinese acupuncture but rather borrows from traditional Chinese acupuncture techniques and applies them on the basis of a conventional medical diagnosis. Treatments mostly use a limited number of symptomatic points and focus on bringing about the relief of specific symptoms. Needles may be inserted into traditional Chinese acupuncture points or to trigger points unrelated to the traditional Chinese model of acupuncture. Some medical acupuncturists have dispensed with traditional Chinese theory entirely and question whether energy channels and acupuncture points exist. The favorite scientific explanation of how acupuncture works is that it stimulates nerve cells in the central nervous system to produce a variety of effects on the body's hormones, nervous system, muscles, circulation, and immune system. This in turn stimulates the release of substances such as natural pain relieving opiates or anti-inflammatory substances.

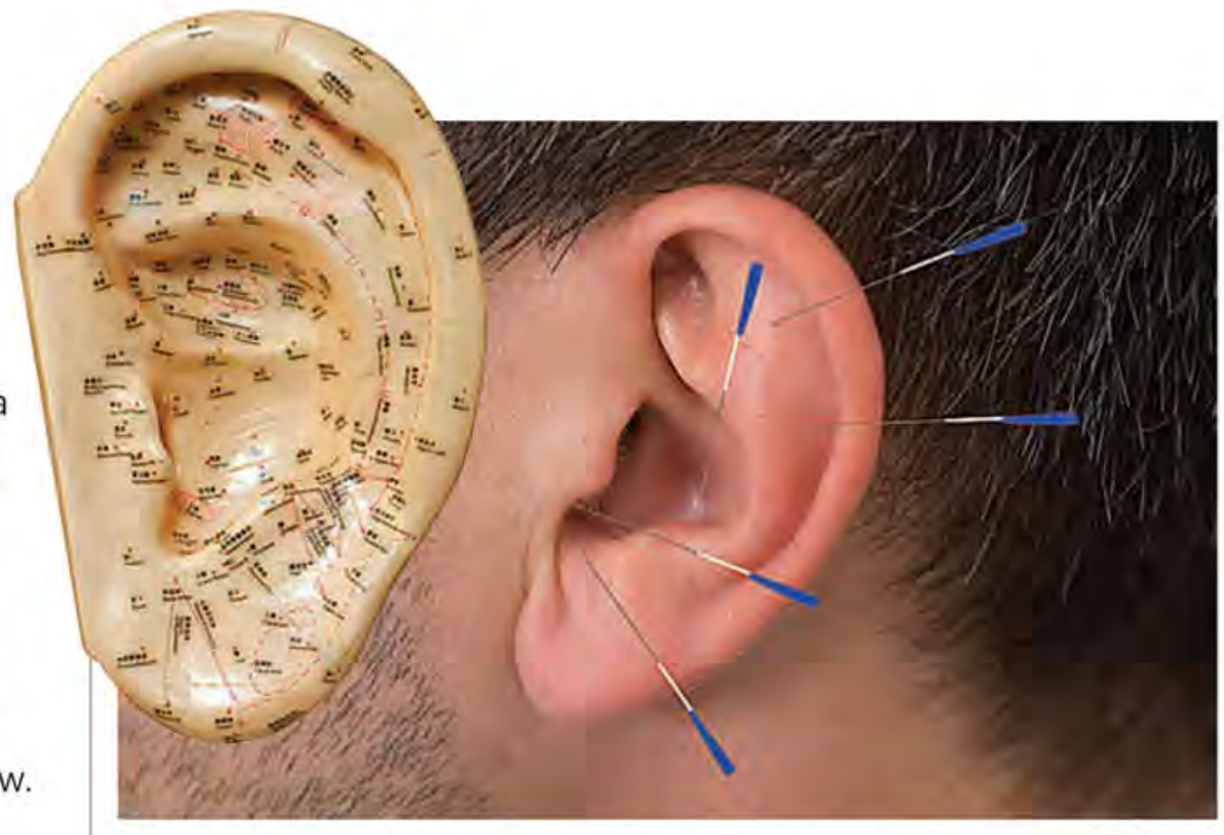
As well as providing immediate pain relief, acupuncture can have a long-term effect on pain reduction that builds up over weeks or months. This may be related to the responses of the autonomic nervous system near acupuncture sites. The autonomic nervous system has a profound effect on health, so this could be at least one explanation for the therapeutic effects of acupuncture. Another possible theory is that acupuncture works via the connective tissue which runs the length of the body.

THE EARS HAVE IT?

Finally, auricular (ear) acupuncture is widely used by traditional Chinese acupuncturists and medical acupuncturists. It is based on the theory that a map of the human body is mirrored on the ear. Ear acupuncture is used alone, or in combination with full body acupuncture, and it is widely used to treat addictions. Some research suggests that needling ear points may trigger the release of neurotransmitters in the brain.

WHO CAN USE ACUPUNCTURE?

Acupuncture can be used on individuals of all ages and is suitable for treating a wide range of physical and mental conditions. Some of the ailments that can be treated using acupuncture include muscle pain, joint pain, arthritis, asthma, and migraines just to name a few. According to the American College of Sports Medicine, acupuncture can be used for treating muscles and tendons to prevent injury in a similar modality as sports massage and physical therapy. Since the 1984 Olympics, some athletes have used "pre-performance" needling to treat muscles of the upper and lower extremities to achieve a temporary positive response in both strength and quickness.



WHAT HAPPENS DURING AN ACUPUNCTURE SESSION?

The first consultation with an acupuncturist takes about 60 to 90 minutes. A traditional Chinese acupuncturist will ask detailed questions about the condition you have come to have treated. They will also ask about your general health, health problems, medications, diet, lifestyle, emotional state, sleeping patterns, and your medical and family history. A traditional Chinese acupuncturist will also carry out a few standard tests which include feeling pulses and looking at your tongue to assess the state of your Qi. The pulses are checked on both your wrists for quality, strength, and rhythm. The tongue is examined to assess its color, size, and coating. Some traditional Chinese medical acupuncturists also press various acupuncture points to assess which ones are tender or painful. After gathering all this information together, the acupuncturist will determine the imbalances you have and the best course of treatment. A Western acupuncturist will spend some time taking a medical history and will also press points to assess which are tender and require attention.

Once the practitioner has made a diagnosis, you may be asked to undress and lie on a table for the treatment. There are about 500 acupuncture points altogether, from which the acupuncturist will probably choose between two and 20 points to needle in any one treatment.

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Needles are usually inserted in both sides of the body to a depth of about 1 to 2 cm, but they can go as deep as 12 cm, depending on which part of the body the acupuncturist is treating and how fat and muscular you are. Once a needle has been inserted, it is usually left in place for about 15 to 20 minutes. During this time it should not hurt, but some people feel tingling or a dull heat around the needle.

The acupuncturist may also supplement needling by using herbs burnt on, or over, the end of a needle. They may use a technique called cupping by placing cups (to create a vacuum) on the skin in strategic places. Sometimes the acupuncture needles are connected via wires and electrodes to a battery operated electrical device that vibrates and produces a tingling sensation, a technique known as electro acupuncture. Sometimes tiny press needles or seeds are fixed with a plaster over ear points and left in place for 1 to 2 weeks. A traditional Chinese acupuncturist may also give you dietary advice, exercise suggestions, or Chinese herbs to supplement your treatment. At subsequent treatment sessions, your acupuncturist will probably spend 10 to 15 minutes talking to you before inserting the needles with the whole session taking about 30 to 45 minutes.

It is not possible to say exactly how many acupuncture treatments someone will need, but a rule of thumb is that the longer you have had a problem, the more treatments you will need. Most people with an acute problem need to have at least three treatments at weekly intervals. Those with chronic conditions may need to have weekly treatments for a total of six sessions, then fortnightly for a few sessions, then monthly and so on. Most people should notice some change after five or six treatments. Some people, particularly those with chronic conditions, consult their acupuncturist for repeat or preventative treatments.

❖ Rhalen Gracie used cupping during his rehabilitation after major reconstructive surgery on his elbow.

❖ Electro acupuncture is rather new. One advantage is that the acupuncturist doesn't have to be as precise with their needle placement because the current delivered stimulates a larger area.

But Is It Safe?

Acupuncture is a relatively safe treatment in the hands of a competent practitioner. Although acupuncture is one of the most invasive of the complementary therapies, serious adverse events such as infection, punctured lung, or spinal cord injury are extremely rare. Such events are probably almost wholly due to an inadequately trained practitioner or bad practice. It is important to make sure you go to a properly trained and registered acupuncturist. Also, make sure that your acupuncturist uses disposable needles, which are used once and then destroyed, to eliminate the risk of cross infection.

There are few contraindications to acupuncture, but some points should probably be avoided during pregnancy, and electro acupuncture can interfere with cardiac pacemakers. Acupuncture is inappropriate for people with uncontrolled severe bleeding disorders. Care should be taken to avoid certain points in patients using anticoagulant medication. Needles that are left in place for any length of time, such as the press needles, are unsuitable for people who have an increased risk of infection.

As athletes in all sports, including jiu-jitsu, continue to push what is demanded of their bodies in competition, the search for treatment alternatives will continue. Acupuncture might be worth investigating if you're suffering from chronic pain that traditional medicine has been unable to solve, or might be an alternate to addictive medications. There are many studies that have been done that back up many of the claims presented by acupuncturists; however, it's not seen as an exact science. Your experience may vary.

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TRAINING HARDER, NOT SMARTER: THE WHITE BELT CURSE

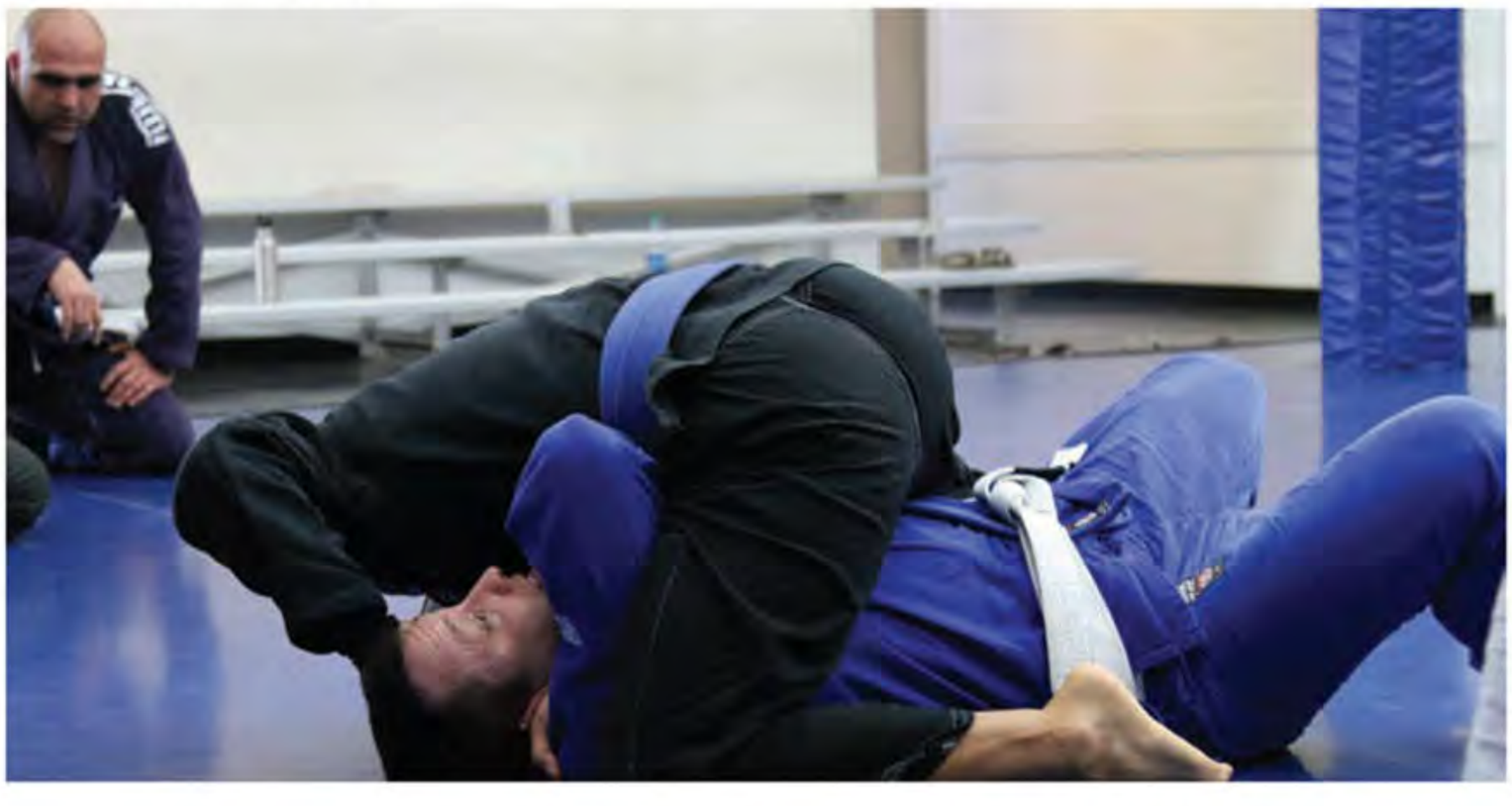
WORDS: **RICARDO CASTANEDA**

MOST JIU-JITSU PRACTITIONERS CAN RECALL THEIR FIRST DAYS OF TRAINING, FALLING IN LOVE WITH THE ART, AND EXPRESSING THE DESIRE TO START TRAINING AS OFTEN AS POSSIBLE. FOR MOST JIU-JITSU BEGINNERS, THE INTENT IS TO BE THERE FREQUENTLY, TRAINING HARD IN ORDER TO MAXIMIZE PROGRESS AND GET AHEAD OF THE OTHERS WHO HAVE ALREADY BEEN PUTTING IN THEIR TIME.

There are a good amount of fortunate beginners out there that have the flexibility of schedule to train everyday, and a few who have the great fortune to train multiple times per day, several days per week. This is opportune for some practitioners, but unfortunately for the human body, training more often than you probably should could have some negative consequences.

TOO MUCH, TOO SOON

The goal for most beginners is to develop their skillsets quickly. Every person signing up at the academy wants that black belt, and they want it sooner rather than later. Nobody wants to be the rookie white belt. This is a completely natural tendency for brand new white belts to do too much, too soon and overexert themselves. The rationale is that the overexertion will get them closer to their goals. The irony is overexertion may actually do more harm than good.



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You will see this in white belts that are present for almost every class during that first week or two. The third week, however, they have disappeared and are already taking time off to rest. When asked why, the reply is usually some type of minor injury that they will need to heal for a week before coming back. Then they come back. And then they are gone again. The cycle continues until they either quit, or they figure out how to train more effectively and effici tly for the long-term.

There are many obstacles that arise from doing too much too soon in jiu-jitsu. Any jiu-jitsu practitioner who has been at it for a while can attest that jiu-jitsu requires a remarkable amount of patience and hard work. A slow, smooth, and consistent dedication to the craft, plus m thodically and systematically honing your skills is the correct approach for most people. Of course, there are outliers. These are the prodigies, the cosmic lottery winners with great genes, and other gifted athletes who excel at a much more rapid clip than others, but these are very rare and exceptional cases. If you are like most people within the bell curve, slow and steady wins the race.

BURNOUT

Burnout is one of the many mental perils overexertion can cause. When you are doing way too much way too soon, you can undergo such a tumultuous mental fatigue that it will affect a variety of psychological processes like mood, desire to train, and self esteem. Depression, for example, is a good signpost for overtraining and if you notice changes in your mood, sleep patterns, libido, or even daily stress levels, you may want to take a step back and assess your training regimen.

White belts can feel such an overwhelming desire to achieve optimum levels of proficiency in such a short span of time that the mind goes through an increased emotional and cognitive load. Overwhelming the brain is never a good thing. If the mind is overworked, more stress is endured and the mental capacities to regulate emotions and other bodily functions are significantly compromised. Also, when you are burned out, your performance is hindered. This can be even more stressful to your body and mind, and you may end up feeling like you are having more bad training days than good ones.

Jiu-jitsu is supposed to be fun and rejuvenating if you are doing it right. This may be different for athletes and other competitors who put more of a training burden on their shoulders, but for the majority of the beginning jiu-jitsu population, you should feel refreshed after a great training session.

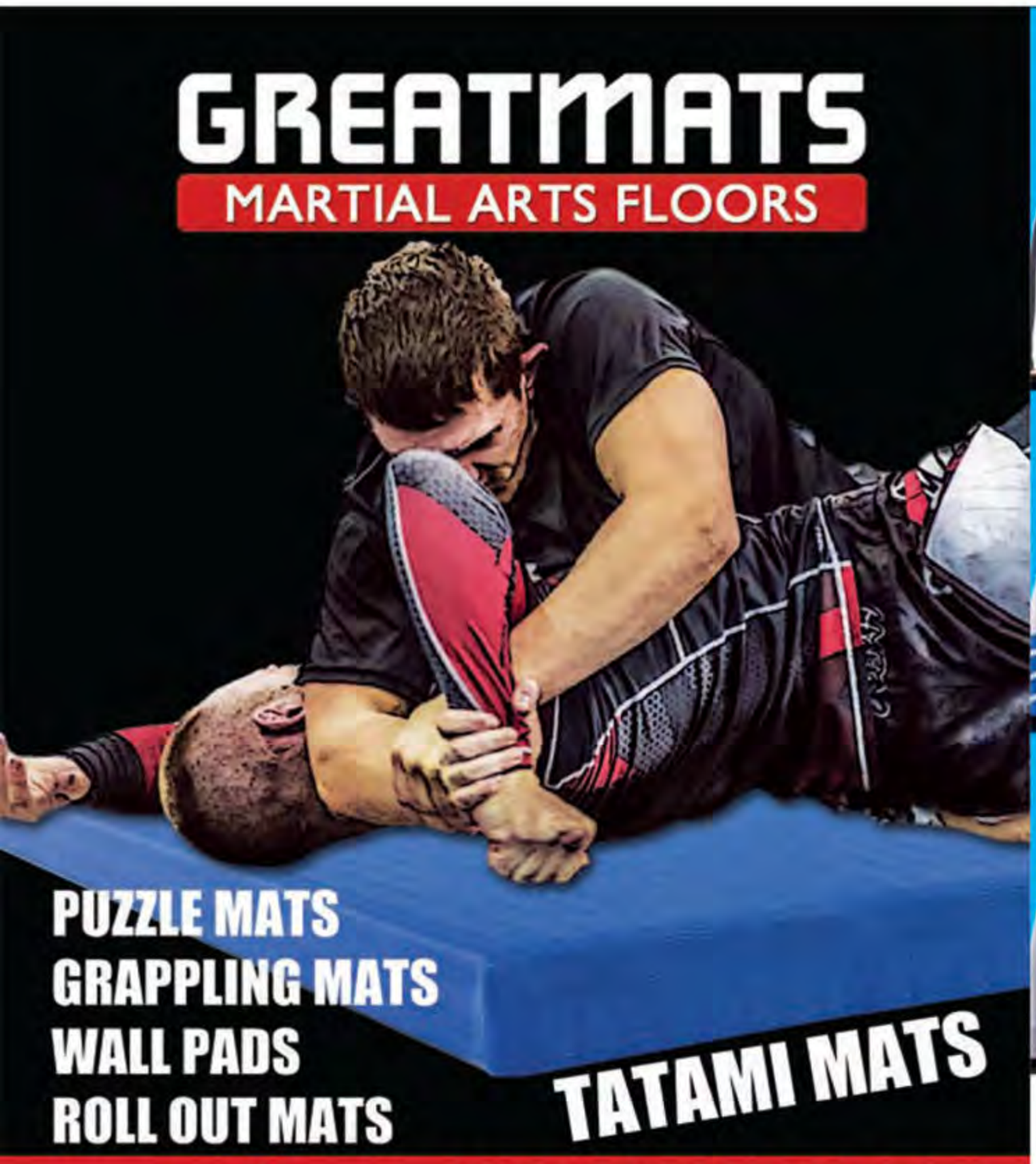
INJURY

Injury also happens a lot with beginners trying to do too much too soon. Injuries are usually the result of problems with some type of physical conditioning. Issues with mobility and flexibility, for example, are much more prone to serious injury if the body is not physically conditioned. Conditioning your body to the rigors of jiu-jitsu training takes time.

The hours of practice necessary for putting your body into gear is largely because of the time it takes for your body to heal and adapt. Muscles heal quickly compared to ligaments, tendons, and other connective tissues. Ligaments, for example, take much longer because they do not have adequate blood supply. Furthermore, these tissues also take much longer compared to muscle tissue for a lot of the same reason. So while your muscles seem to be acclimating nicely, the tendons and ligaments keeping you intact are lagging behind in their adaptation. It will take more than a protein shake to get them up to speed.

CONSISTENCY IS KEY

New students should not train as often as they can, but, rather, as often as their bodies will allow them. The trick to practicing jiu-jitsu for a long time is not overdoing it in those first few months. Give yourself time, allow your body to rest and recover by scaling back your training when your physical and mental capacities seem to be diminishing.



A good practice for maintaining consistency is to take a look at your schedule and identify times when you can make training with no complications. Then undershoot. If, for example, you can only identify four classes, aim for three. This is a mental strategy because you will feel better about yourself if you make four classes when you only planned on three. You will feel worse if you only made three classes when you had originally planned four. Undershooting the class times and making more classes will increase the odds you keep up a schedule that works for you, alleviating the frustration from day to day events that seem to come up out of nowhere, inhibiting your ability to train.

Creating a consistent training plan is going to be critical if you are to make big strides over the long haul. Skill acquisition in jiu-jitsu takes time and practice. More importantly, it takes consistent and constant practice. What good is it if you train twice daily for three weeks and then have to take a month off? Identifying a training plan that puts you on the mats at a solid, sustainable pace is a much better plan of action in order to mitigate risk of burnout and injury. Take steps back when needed. Training hard does you no good if it has a negative effect on your day-to-day living. Remember that proficiency in jiu-jitsu will not be achieved overnight. Be patient and be consistent and eventually you will get there. Train smarter, not harder.

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TAKE THE GRAPPLING RULES QUIZ

WORDS: **DAVID KARCHMER**

SO, YOU'RE A REFEREE, COMPETITOR, COACH, OR SPECTATOR AT A GRAPPLING EVENT, BUT HOW WELL DO YOU REALLY KNOW THE RULES? HERE'S A GENERAL OFFICIATING QUIZ TESTING YOUR KNOWLEDGE OF BASIC RULES AND CONCEPTS FOUND IN A VARIETY OF DIFFERENT TOURNAMENT FORMATS. Take the quiz and find out how you rate.

1. In the IBJJF, what is the maximum number of times a competitor can be called for stalling during a match?

A. 2 times
B. 1 time
C. 3 times
D. 4 times

2. Typically, how many seconds can a competitor remain inactive before being called for stalling?

A. 20 seconds
B. 10 seconds
C. 30 seconds
D. 45 seconds

3. When an opponent exposes his/her back during a guard pass and remains on all fours (turtle position), which two techniques can no longer be scored from that position?

A. Submission and guard pass

B. Sweep and guard pass
C. Takedown and mount
D. Guard pass and mount

4. Typically, a mount where both knees are over the opponent's waist, but you are facing his/her feet, receives what score?

A. 2 points
B. Advantage only
C. 4 points
D. No score

5. Typically, if you sweep and mount in one motion, how many seconds do you have to maintain the position to get a score?

A. Immediate
B. 3 seconds
C. 5 seconds
D. 6 seconds

6. If you sweep and mount in one motion and retain for the required control, what score will you receive?

A. 6 points
B. 5 points
C. 7 points
D. 4 points

7. If you sweep and mount in one motion, but are immediately knocked off to side mount, but then retain it for the required control, what score will you receive?

A. 2 points
B. 4 points, 1 advantage
C. 3 points, 1 advantage
D. 2 points, 1 advantage

8. If a person on bottom in guard connects to his opponent and comes to a top position for a three count, that's defined as _____.

A. Reversal
B. Positional change
C. Sweep
D. Takedown

9. If when in bottom side mount, you turn your opponent over onto their back and end up in top side mount, that's defined as _____.

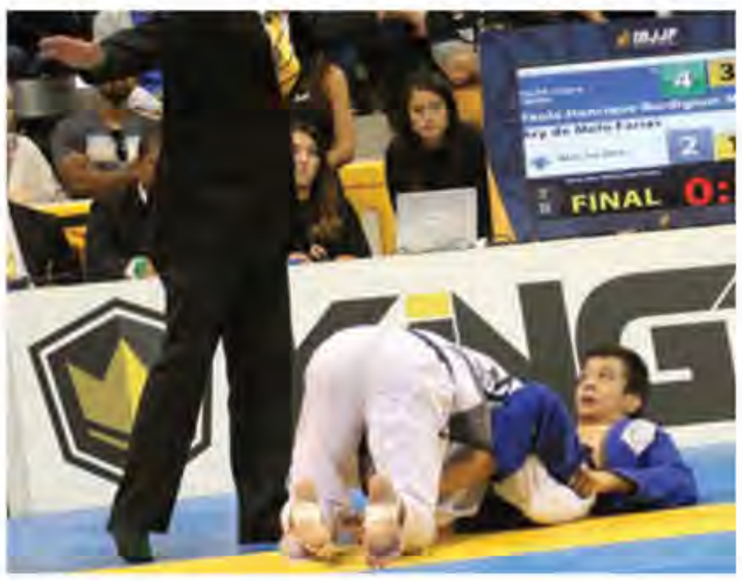
A. Reversal
B. Positional change
C. Sweep
D. Takedown

10. In the IBJJF, the scoreboard displays _____

A. Time, points, and penalties
B. Time, points, and advantages
C. Time, points, advantages, and penalties
D. Points, advantages, and penalties

11. If the referee makes an 'X' over his/her head and points to you, what has just happened to you?

A. Declared the winner
B. Awarded an advantage
C. Disqualified
D. Received a minor penalty



12. In the IBJJF, a locked submission that goes out of bounds results in _____.

A. A restart standing in the center
B. A restart standing in the center and 2 points awarded for the attacking competitor
C. A recreation of the submission in the center and 2 points awarded for the attacking competitor
D. A restart standing in the center and an advantage awarded for the attacking competitor

13. In the IBJJF, if both competitors pull guard and at the end of a 20 second countdown, neither of the athletes have reached the top position, have a submission in hold, or are not imminently completing a point scoring move, it will result in:

A. Disqualification for both competitors
B. Both competitors will be stood up and given 1 advantage each
C. Both competitors will be given 1 penalty each
D. Both competitors will be stood up and given 1 penalty each

14. In the IBJJF, a competitor will no longer receive an advantage for sweep attempts that begin and end in this guard:

A. Spider guard
B. 50/50 guard
C. Butterfly guard
D. Deep half guard

15. In the IBJJF, when is a referee's decision necessary?

A. When points are tied
B. When points and advantages are tied
C. When points, advantages, and penalties are tied
D. When number of submission attempts is tied

ABOUT

David Karchmer

David 'Silverfox' Karchmer is a 1st degree black belt in Brazilian Jiu-Jitsu and has been training for more than 16 years. David's martial arts background spans over two decades and includes a black belt in Tae Kwon Do which he received in 1993. His BJJ journey began at Gracie Thornwood, NY, in 1999, after he took a seminar with Royce Gracie and knew he was hooked on the art. In addition to training and instructing, David has focused the last eight years on offic ting grappling competitions and has offic ted more than 3,000 gi and no-gi matches at over 65 events for multiple organizations. He is a previous head referee at Grapplers Quest and the current head referee at FIVE Grappling and Copa NoVA tournaments and routinely offic tes events in North America. Visit his offic ting website **thegrapplingreferee.com** .

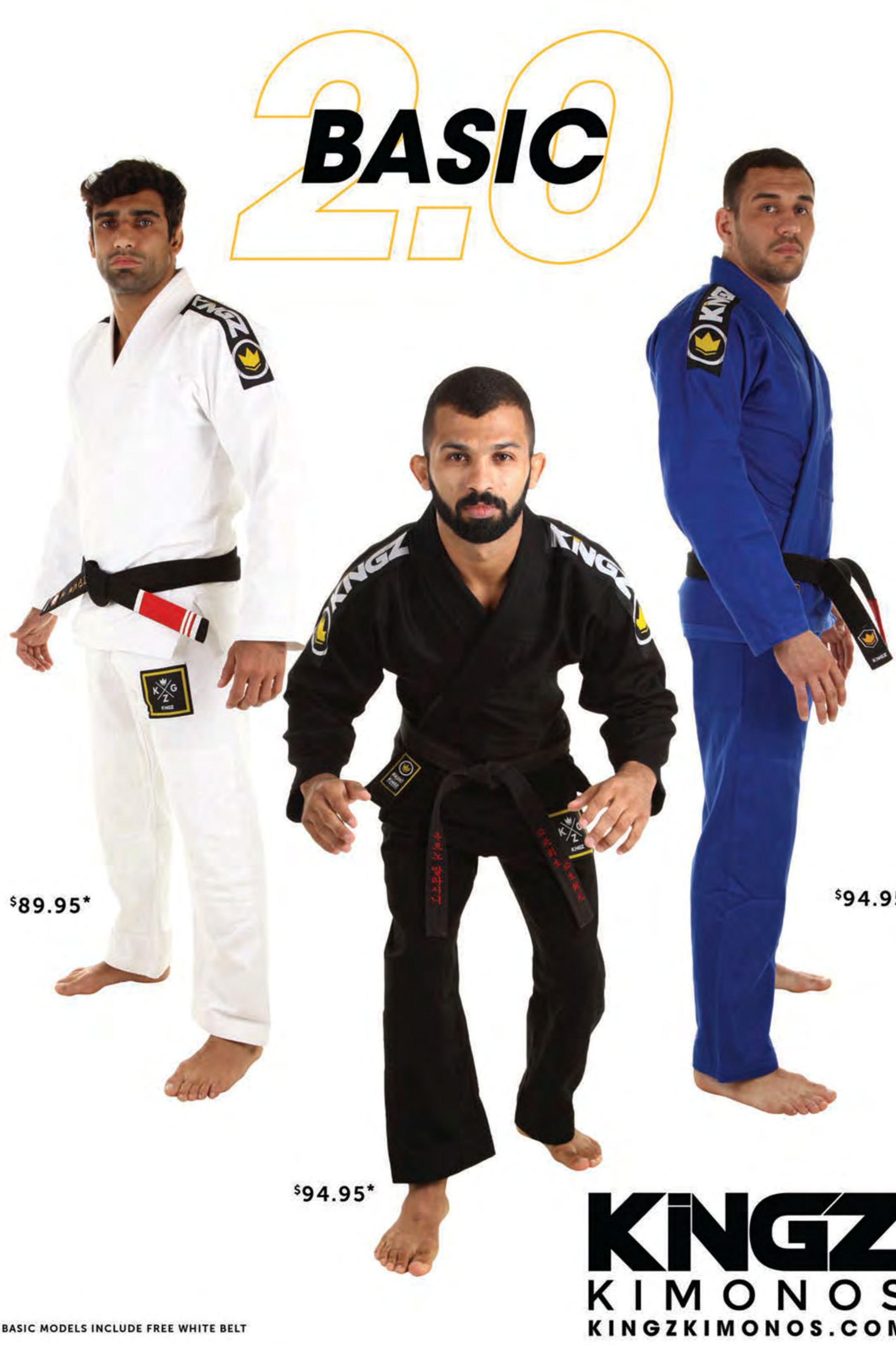
OFFICIATING QUIZ KEY

1.D The fourth penalty results in disqualification
2.A IBJJF and other informal tournament rules use 20 second increments
3.B Turtle position is not a guard and therefore cannot be used to sweep nor passed
4.D To receive mount points, you must be facing your opponent's head
5.B Only one 3-second count is necessary to score a compound movement
6.A A sweep is 2 points and a mount is 4 points, resulting in 6 points total
7.D Without control in mount, you can only receive 2 points for the sweep and an advantage for near mount
8.C This defines a sweep
9.A This defines a reversal, a change of positions without the use of a guard
10.C The IBJJF uses points, advantages, and penalties to define a winner, so all are visible
11.C The 'X' represents disqualification, and will be followed with the referee pointing at the offending competitor
12.B Compelling submissions that are out of bounds are not allowed to be completed or recreated
13.D This is an updated rule to encourage action from double guard pulls
14.B This is an updated rule to encourage action from 50/50 position
15.C Points, advantages, and penalties are all used in that order to define a winner

How many answers did you get correct?

15 ..... Head Referee
12-14 .... Very good
9-11 ..... Needs improvement
5-8 ..... Prepare to get yelled at, a lot!
1-4 ..... White belt

BASIC 2.0



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TECHNIQUE

MAGID HAGE

THE TAO OF MAGID

WORDS & PHOTOS BY **PATRICK FLORES**

THERE TYPICALLY ARE CERTAIN EVENTS IN JIU-JITSU THAT ARE CLEARLY IDENTIFIABLE AND ACT AS MILESTONES IN YOUR JIU-JITSU JOURNEY. THESE ARE EVENTS LIKE THE FIRST DAY YOU STARTED TRAINING, THE DAY YOU GOT YOUR BLUE BELT, OR THE FIRST TIME YOU STEPPED ONTO A PODIUM. Other events, however, are not so easily identified. Take for example the jiu-jitsu lifestyle. Getting addicted to grappling, living a healthy lifestyle, incorporating "Oss" into your vocabulary, and unconsciously replacing "R" with "H" in your pronunciation of certain words doesn't come overnight. For people who started training jiu-jitsu as adults, it's a progression and transition from a way of life we've discovered to be undesirable.

Having been around it his entire life, Magid Hage grew up in the lifestyle we all know and love. He has, however, created a lifestyle all his own. Maybe it's the dreadlocks, but I swear that Reggae music starts playing the second Magid walks into any room. He seems to move and live to that chill reggae beat. Although he grew up doing jiu-jitsu and it's a very big part of his life, Magid has other interests. For example, he has a keen interest in photography which was inspired by his dad. You don't have to be Sherlock Holmes to discover how passionate he is about surfing. This shows in his personality and demeanor as he's likely near large bodies of ocean water. Currently chasing the endless summer, Magid's approach to life almost makes you want to quit your job to surf, travel, and do jiu-jitsu all day.

So, how did you get into jiu-jitsu?

My dad. He had been training since I was born, and got me into everything. He was training in Brazil; they didn't have kids classes but we would kind of roll. When I was 5, he started training at Gracie Barra Oceanside and that's where I started training full time.

When did you decide you really wanted to do jiu-jitsu instead of it being a side thing?

Around when I was 10, I started competing, and I had lost my first tournament [2nd place]. I was super bummed out and trained super hard for my next tournament. After that, I didn't lose for a while as a kid. I was at the gym every day, I was around it all the time, and teaching it everyday. I just knew for sure that it was what I wanted to do.

In terms of competition, what has been your best memory so far?

I don't really know. It's all been exciting. Especially at Worlds, the energy and vibe sitting in the bullpen. I used to be a scorekeeper back in the day and one of the coolest things was I kept score for one of Roger's [Gracie] fights at Worlds. I was 13 or 14 and it was insane. Other than the referee, I got the best seat in the whole stadium. So, getting to sit with Roger five years later in the bullpen as a black belt was just mind blowing. The vibe and energy is always just amazing.

What's your competition ritual like?

I like to calm down. I don't like to get there too early. I like to talk to people, feel it out. You never really get used to it. That's what I like about competing.

How old were you when you got your black belt?

19, from my dad.

Outside of jiu-jitsu, what do you like to do?

I surf, skate, travel. That's my life.

What's a typical day like for you?

I get up around 6:30-7AM, walk my dog [pitbull] for 30 minutes, and pack my board. Cruise down the coast, if there are waves, I surf. Usually there are waves. If not, I go straight to Studio 540. Maybe do a yoga or jiu-jitsu class, sometimes both. After that, I grab lunch, head to Escondido to my dad's gym, and teach two night classes there.

Is the surf and jiu-jitsu connection is pretty strong?

They just go really well together because jiu-jitsu changes everyday. It's essentially a different "wave" everyday. One wave closes out, one wave peels all the way down to the beach, and you have to adjust. That's kind of how jiu-jitsu is too. You go with the strong guy; you go with the weak guy other days. They connect really well, especially if you're a surfer and have never done jiu-jitsu. I think you'll like it a lot; you can show style and be fancy or just be casual. Its cool, you can break a sweat on land, and go cool off in the ocean. What more can you ask for!

Do you think it goes both ways? Someone who does jiu-jitsu can get into surfing asier?

Yea, why not? If you train jiu-jitsu, you'll have better balance and knowledge about your body. Jiu-jitsu will make you an overall better person. Jiu-jitsu teaches you a lot about your body and how to use it.

LAPEL CHOKE FROM SITTING GUARD

The Sit-Up Guard has become increasingly popular over the last couple years with many top-level athletes utilizing it in competition. Some of these same athletes also have very tough guards, making it difficult to pass. Magid shows us a couple ways to submit his opponent without having to pass the guard. Magid also mentions that when he is in an open guard position, he will give his opponent his leg to initiate this technique. Magid emphasizes to not let his opponent grab his sleeves, thus controlling his hands.

STEP 1

Using the same side hand as the leg caught in the guard, Magid grabs behind his opponent's collar (thumb in). In this scenario, Magid has his right leg trapped in the Sit-Up Guard, thus will use his right hand to grab behind the collar.

STEP 2

With his opposite hand (left) he will grab the lapel closest to his leg (four fingers in).

STEP 3

Magid then takes a big step backwards with his free leg, circling around to his opponent's side/back. As he does this, he will open his opponent's lapel up with his left hand. At the same time, he uses the thumb inside the collar to guide his hand to the choking position.

STEP 4

From here, Magid can let his left grip go in favor of his opponent's leg. He has the option to either grab the pants or hook under his opponent's leg. When he secures the leg, Magid falls to his side. From here, he can finish the choke similarly to the way you would a bow and arrow. Magid pulls back with his right hand, making sure to keep his elbow tight to him, pulls back on his opponent's leg, and bumps his hips for added pressure.

BONUS

STEP 5 (OPTIONAL)

Now, say your opponent manages to slip their head out of the choke. Magid solves this by quickly switching the submission to a kneebar. He brings his knees together, attacking the leg he previously hooked.

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BEFORE YOU GO UP TO BAT...

BACKGROUND OF THE BASEBALL BAT CHOKE

THE BASEBALL CHOKE IS A VERSATILE ATTACK THAT SOME PEOPLE LOVE, AND OTHERS HATE. THE NAME COMES FROM THE HAND POSITIONING OF THE CHOKE THAT RESEMBLES THE GRIP OF A BASEBALL BAT. Essentially, the choke works the same way as a basic cross choke.

The difference being the arms are crossed after placing the grips. Traditionally, the choke is used from the top position when in side mount. The choke, however, can be applied from positions such as the bottom while in side mount or half-guard. Some practitioners would advise against using it in this scenario as it can be a higher risk move, allowing your opponent to pass. Although this application of the technique has received its share of criticism, Magid has been able to prove it works at the highest levels of competition.

BASEBALL CHOKE FROM IN SIT-UP GUARD

In the event that your opponent decides to play the Sit-Up Guard, tight to your leg, the baseball choke becomes an option. In this scenario, notice how Magid stance is like that of a baseball player.

STEP 1

First you need to decide on which way you will be attacking as the placement of the grips will matter. Imagine walking up to home plate with the bat in your hand. If you bat in a right handed stance stance (left foot forward), your left h nd will grip the bottom of the bat. If you have a southpaw stance (right foot forward), your right hand will grip the bottom of the bat. The front foot would be the free leg in this situation.

STEP 2

Grips are very important with this choke. The hand considered the bottom of the bat would have a thumb in, four fingers out grip. The top grip will have a four finger in grip.

Magid has his right foot trapped in the Sit-Up Guard. This means his left leg acts as the forward leg, and thus the left hand will be the bottom grip of this choke. Although the distance of the hands may vary depending on the person, Magid keeps his hands about two inches part, roughly the same width of his opponent's neck.

STEP 3

Magid drives his knee forward into his opponent in order to move their head away from his leg. This allows space for Magid to drop his elbows in.

STEP 4

From here, Magid rolls over his right shoulder, taking his opponent with him. For the choke to be tight, keep the idea of the cross choke in mind. Magid's right arm crosses under his left while he keeps his right elbow tight to his chest. If his opponent follows him, Magid will continue to turn on his stomach.

BASEBALL CHOKE FROM HALF-GUARD BOTTOM

As we mentioned before, this technique has its critics. Love it or hate it, it gets the job done. Much of this technique relies on deception and the desire of your opponent to pass your guard. It can take practice, but if you can get good at this, many of your training partners will start hesitating to pass your guard.

STEP 1

This particular technique begins from the half-guard position. Magid knows that his opponent will want to flatten him out. Magid uses the knee shield to create the space and time needed to get his hands into position.

STEP 2

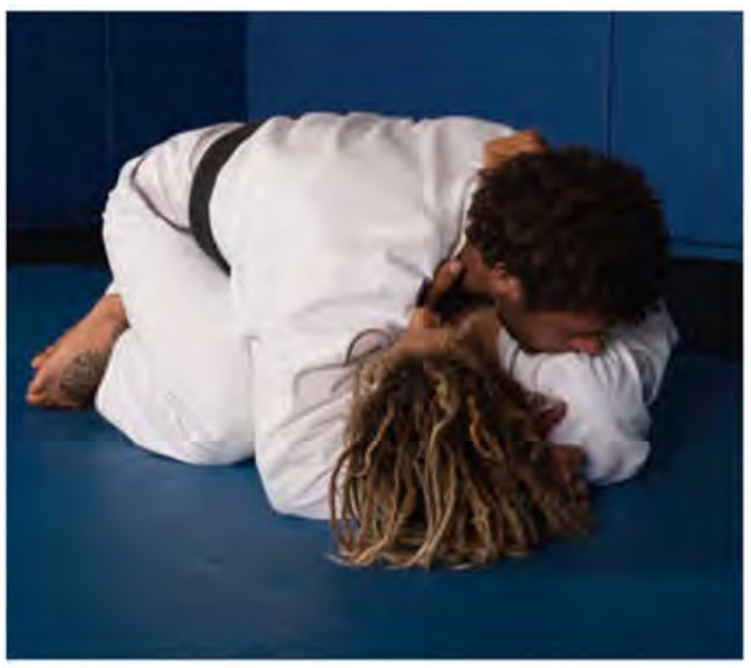
During this time he opens his opponent's lapel to make room for his hand to get into the baseball bat position.

STEP 3

On an unsuspecting opponent, you could sink in the grip for the choke at this point. With good training partners, this may only work one time. In the future, this grip placed early on will likely telegraph the technique. Magid recommends placing the top hand of the choke as they fall into position, so he doesn't reach in for the choke. He doesn't reach in fully and extend his arm. When telegraphed, your opponent will likely attempt an armbar.

STEP 4

As his opponent goes for the pass, Magid will lose the knee shield and place his other hand into position. He grips the fabric but doesn't necessary need to get his thumb inside.



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STEP 5

Magid scoots his hip out and uses his outside foot as a hook. He uses this hook to help push his opponent up as if to sweep. He has no intention to sweep his opponents but only to make them believe it is a sweep attempt. His opponent's natural reaction will be to regain balance and pass.

STEP 6

As his opponent tries to pass into side control, Magid quickly spins under, crossing his hands and keeping his elbows tight. As Magid rolls to his stomach, the choke will remain tight until your opponent taps (or goes to sleep).

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GUARD PASS USING THE LAPEL

You can always use the lapel to pass someone's guard. Magid shows us a good one from the DLR. It is a variation of an underhook pass but uses his opponent's lapel instead.

IMPORTANT NOTE:It is important that you have a clear line of sight when attempting to pass someone's guard. This means making sure your hair doesn't block your vision.

STEP 1

Magid starts by untucking the lapel on the side opposite of the DLR. This is the side he will eventually pass to.

What's on this mat is going to cause this athlete to lose his next match.

Fungus, bacteria, and viruses usually have long incubation periods. Rashes can actually take a few days to appear on your skin. So, what you contract today is going to take its toll later. If you can fight these microbes within the first few hours of contact the chances are you can stop them.

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STEP 2

He then works on bringing in his opponent's extended leg. In order to do this, Magid steps in and moves his hip forward. This will contract your opponent's leg, allowing you to feed the untucked lapel under. If you attempt to pass the lapel while the leg is extended, there is a higher chance your opponent will be able to kick out of the position.

STEP 3

Magid then holds the toes, similar to a toehold position. He moves back a little and lifts his opponent's leg.

STEP 4

Magid then quickly ducks under the leg. From here, the physics are very similar to a single underhook pass where you can easily smash your opponent. The lapel grip, however, allows Magid some extra leverage. By pulling the lapel back as if he were going to elbow the mat, it helps lift his opponent's hip off the mat. The added pressure of the pass will allow little option for the person on bottom to do anything but give up the pass.

Magid seems to be a very open minded dude, and it's reflected in his jiu-jitsu. Although his baseball-bat choke strikes fear into the eyes of his opponents, Magid's jiu-jitsu is quite versatile. It maybe is more risky, but I feel that's just part of his unique style. He surfs all over the world, skateboards barefoot, and fairly adventurous. Taking chances on the mat are likely the least of his worries. Find inspiration in his gusto, use it to create your own lifestyle, and ultimately chase your very own version of the Endless Summer.

THE ULTIMATE GI BUYER'S GUIDE

WORDS: **EMIL FISCHER**

HAVE YOU EVER GONE ONLINE TO SHOP FOR GIS AND HAD A REALLY HARD TIME FIGURING OUT WHICH GIS TO CONSIDER? IN A CONSTANTLY EVOLVING MARKET, NEW GIS AND GI COMPANIES ARE EMERGING EVERY SINGLE DAY. There are many different possible weaves, weights, cuts, design points, and of course brands: picking a gi can be a bit of a hassle.

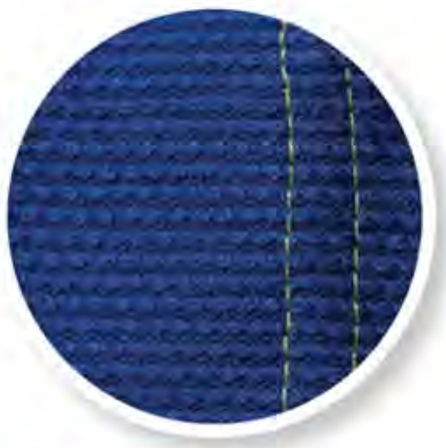
Along with my responsibilities writing for Jiu-Jitsu Magazine and various blogs and publications, I am fortunate enough to write for gireviews.net. As part of my position with Gi Reviews, I receive gis from both well established and brand new companies; I receive prototypes of new weaves as well as the run of the mill common weaves that are a dime a dozen out of Pakistan. Based on the knowledge I have accrued testing dozens of gis, I will do my best to provide you with a guide to the weaves and features that exist in this seemingly endless market.

» FABRICS

The first thing most brands will advertise when showing off a product is the weave. There are two major aspects of the weave to consider: its weight and the style of the weave. The weight is defined in terms of GSM, which means grams per square meter. In layman's terms, this means that if you take a swath of gi material that is precisely one square meter, ball it up and put it on a scale, the number should be whatever the GSM is indicated as being- a 550 GSM fabric will be 550 grams per square meter, etc. On the other hand, the actual style of weave determines how the weave looks and feels.

A factor to also bear in mind is that the weave and the actual material from which the gi is made are two different things. You can have two 350 GSM gold weave or pearl weave or any other weave gis made of two completely different swaths of fabric- one may be a polyblend and the other 100% cotton. Lots of companies tout the value and quality of hemp and bamboo fabrics namely because of their breathability, sustainability, and supposed antimicrobial nature.

❖ The Tatami Tank is a 950 GSM gi that tips the scales. The Storm Typhone Ultra Light however is much lighter at 420 GSM, it just depends on what you like



PEARL WEAVE

Pearl weave is extremely common; most major gi brands have pearl weave gis as their main product line. Pakistani factories churn out pearl weave gis by the truckload. Chances are if you own a pearl weave gi, it was made in the same factory as the most expensive pearl weave gi on the market, regardless of which gi you own. Pearl weave is extremely easy to come by, and it's relatively strong and durable for its weight.

GOLD WEAVE

Gold weave has a smoother texture to it and tends to be a bit softer and shrinks more readily than pearl weave. Gold weave also tends to feel thicker regardless of its weight. I've noticed that a 550 GSM gold weave gi feels heavier than a 550 GSM pearl weave gi. Also, I've noticed that gold weave tends to stretch a bit more when soaked with sweat.

HONEYCOMB WEAVE

As of late, a common fabric that has emerged is honeycomb weave. It has the softness f gold weave with a bit more rigidity. I am personally most partial to honeycomb weave, but that's just a personal preference. Honeycomb tends to feel lighter weight than many other fabrics in spite of it not necessarily being lighter. Shown is Origin's Dragon Weave.

RIPSTOP

Because people like to travel and train far from home, some companies have begun to produce ripstop gis for the purpose of giving people a lighter weight product that takes up less space in a suitcase. Ripstop gis are made out of a thin but tough material. The main disadvantages of ripstop is that it is not IBJJF legal (unlike the above weaves) and it tends to not absorb sweat, making it feel a bit awkward if you're used to more absorbent materials.

There are countless materials types and variations, but a factor that is far more objective and tangible is weight. Generally speaking, heavier gis feel coarser to the touch and are more difficul to grip while lighter gis give the wearer lighter sensation, which means that the gi may be untucked easier, but it also means that at competitions that require weigh in with the gi, you can weigh a bit more because your gi weighs less.

There are also several companies that have proprietary weaves. For example, the "Hyperfly Weave" or Origin's "Axiom", "Dragon", and "Gorilla" weaves. Many other companies out there have used this as a marketing tactic, and there is definitely some merit to it; these weaves seem to garner fan followings of their own.

» FEATURES

As part of the art of selling gis, companies often include special features to accompany their bombastic weave names and unusual weights. In all seriousness, some of these features can actually be really helpful to the wearer and should be considered as selling points for any given product.

Perhaps my favorite thing a gi company can do is hide material inside the gi. This can mean that there is ripstop, or some other material, extending past the collar and cuffs, or that there is hidden gi material in the knees or crotch area. Hidden material will make a gi feel very awkward to an opponent, they grab an area expecting a given thickness or feel but the material is slipperier than expected. Similarly gi material in a crotch gusset

❖ Jacket material is a bit more comfortable than some twill or ripstop materials. This is the primary purpose for having a pearl weave gusset.

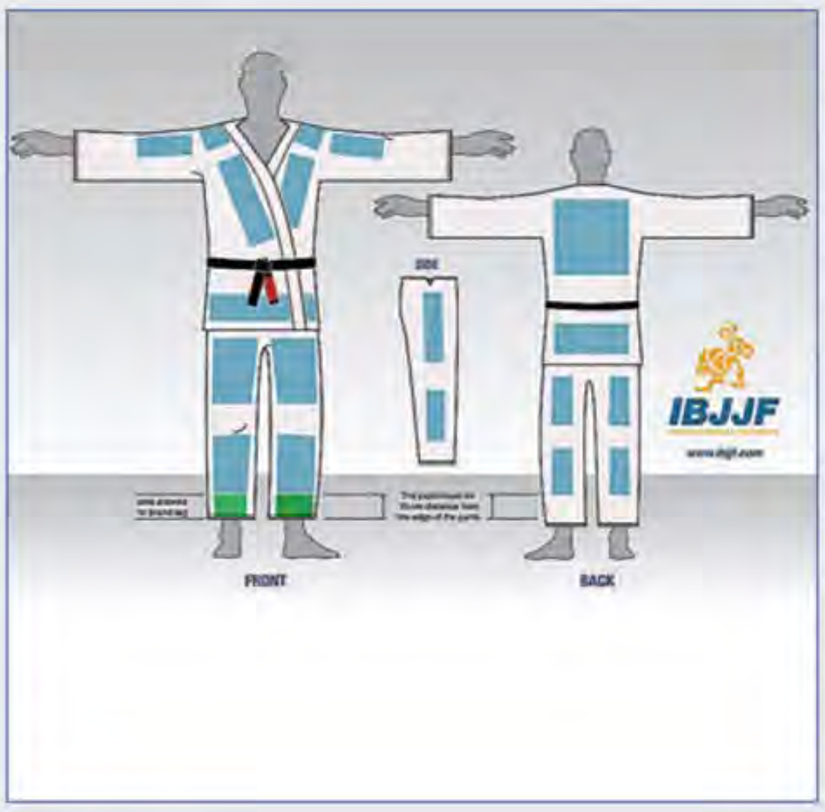
will make submissions from guard more effective by creating added friction when it comes in contact with the gi material on an opponent's sleeve (reducing their ability to yank their arm out.)

The possible features that gis may have are endless, from hidden pockets to rash guard lining with sublimated print. When researching a gi, find out what each individual feature means. If all else fails, reach out to customer service from that company.

One word of caution: sometimes the feature winds up being a hindrance. I've reviewed gis with extra seam tape by the lapel that made the gi itchy and made it dig into my neck. Make sure that whatever features exist are not a detriment to the product.

❖ Talk about comfort!

❖ Extra thick taping in the sleeve cuff makes gripping just a tiny bit more difficult.



COMPETITION LEGALITY

When selecting a gi, you need to consider where you're going to wear it. There are so many options nowadays insofar as fashion choices for gis, it can get a bit confusing.

For starters: there are so many cool colors out there! Sometimes cool colors are combined: I recently saw a custom yellow gi with a green collar. There are gis that are just about every color of the rainbow. Some academies have limitations of gi colors, so you may not even be able to wear these colors to train. Then there's competition legality: in IBJJF competition there are three legal colors: white, black and blue. I've seen people wear navy blue to IBJJF competitions, but the rule book is unclear so it depends on the gi checker.

Speaking of gi checkers and fashion, remember that there are very specific guidelines of where patches can and cannot be placed.

» FIT

Far more important than fabric or features is the fit of a gi. The nicest gi in the world that is two sizes too small will not be nice for you. Shopping for a fit isn't always as simple as it may sound. Some companies have more sizes than others, and in many cases, those sizes mean different things between different companies. I, for example, have gis that fit me comfortably between size A1 and A4, the A1 being a particularly generous cut and the A4 being substantially undersized.

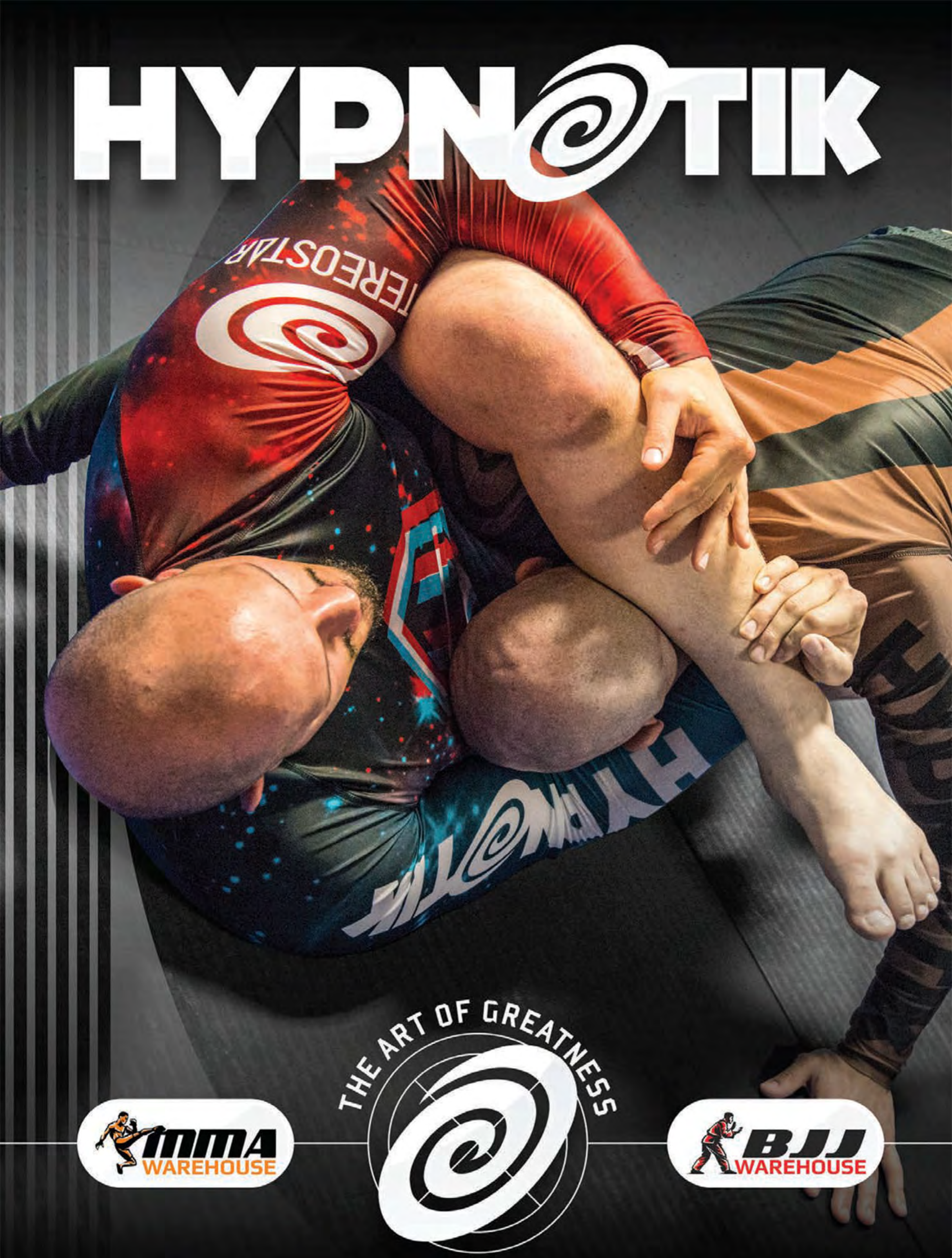
Size charts are your friend. Always consult the size chart of a gi you're considering and if all else fails, reach out to the company. If you are purchasing a competition gi, you may want to go one half size down if half sizes are available. For example: if you normally wear A3, get A2L or even A2 instead. Gi companies that have more sizes available are more likely to have a gi that fits you particularly well.

If a gi doesn't fit you well, one option may be to wet areas that don't fit and put the gi into a dryer. This method will target shrinkage to those areas that don't fit well. If a gi fits you perfectly, wash it on cold and always let it hang dry. Remember that if you expose a gi to heat, there's a good chance it will shrink.

For information about ideal gi fit, check out some of the major

storm
SIZE CHART
BERIMBOLO WEB CHART
MEASUREMENT CHART (CM)
TOPS
POINT OF MEASURE | Tol+ | Tol- | A0 | A1 | A2 | A3 | A4
A 1/2 Chest (Under armhole) | 1 | 1 | 53 | 58 | 61 | 66 | 68
B Body Length Back | 1 | 1 | 70.5 | 72.5 | 77 | 79 | 86
C Sleeve length | 1 | 1 | 68 | 71 | 75 | 79 | 80.5
PANTS
POINT OF MEASURE | Tol+ | Tol- | A0 | A1 | A2 | A3 | A4
D Outside leg length | 1 | 1 | 90 | 93 | 97 | 103 | 106
E Waist Width (straight) | 1 | 1 | 50 | 51 | 54 | 59 | 62
SIZE | METRIC WEIGHT (KG) | METRIC HEIGHT (CM) | IMPERIAL WEIGHT (LBS) | IMPERIAL HEIGHT
A1 | 50 - 65 | 158 -167 | 110 - 143 | 5'3" - 5'5"
A2 | 65 - 80 | 167 - 179 | 143 - 176 | 5'5" - 5'9"
A3 | 80 - 95 | 179 - 185 | 176 -209 | 5'9" - 6'1"
A4 | 95 - 115 | 185 - 195 | 209 -253 | 6'1" - 6'4"
WEB CHART

HYPNOTIK



THE ART OF GREATNESS

MMA WAREHOUSE
BJJ WAREHOUSE

tournaments' guidelines. Generally, you want the gis in which you train in to be similar to the gis in which you compete so you can get used to the feel of those gis.

Also, important to consider is comfort versus tactical superiority. A baggy, soft gi m y be your preference in the gym, but competitors should always consider finding the tightest fit that is legal for them to wear to competition as it means the stripping of grips will be inherently easier.

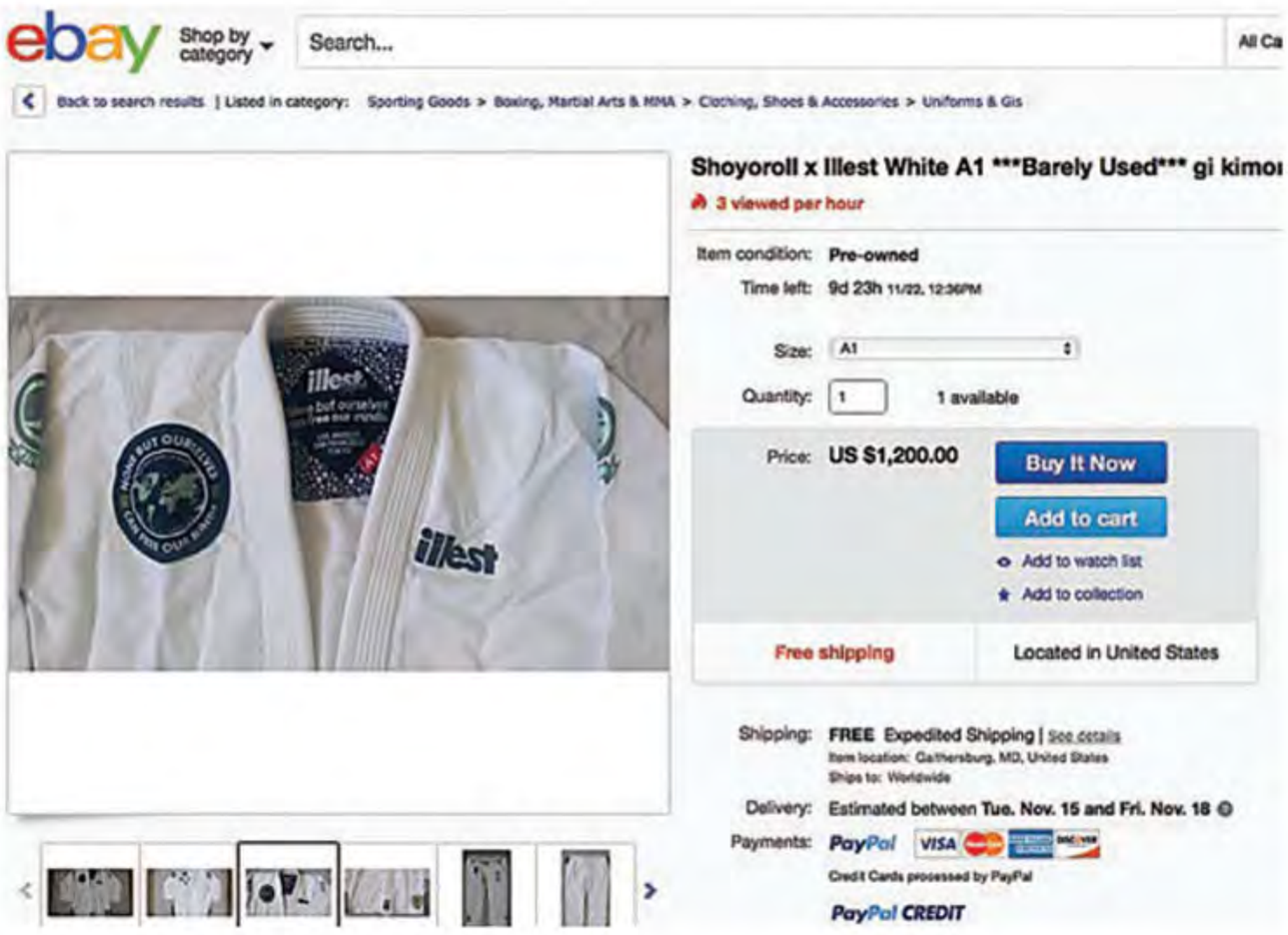
Similarly, when considering gi materials, remember that at many tournaments, you have to weigh in with the gi. While your preference during training may be a heavier gi, you may be better served in competition to shed a couple of pounds of gi rather than a couple of pounds of water.

» FASHION

I've seen a ton of memes on Facebook about white belts buying expensive limited edition gis. There are tons of brands out now, but some specific brands make exclusive, highly limited products that sell out rather quickly. Perhaps the most popular "designer" brands right now are Shoyoroll, CTRL Industries, Lucky Gi and Origin. By "designer" I mean that these brands' products sell out fairly quickly, are priced higher than average and are sought after on the aftermarket.

Each of these brands have built tremendous followings. When Shoyoroll or CTRL Industries drops a new gi on their website, generally it's sold out in all sizes within 10 minutes of that release. Lucky's actual stocks are uncertain because the owner uses a very smart marketing tactic of releasing small quantities, selling out of them and then "finding" more, but again he has no problem moving product. Origin makes their product in the US in small batches and are trying to establish their product as a peerless one by the merits of its unusual fabrics and cuts.

Once these products sell out, especially Shoyoroll and CTRL Industries, the aftermarket is an industry in and of itself. The majority of Shoyoroll gis sell for about $200, but on the aftermarket, in some cases, can fetch prices upwards of $1,000. These are the Jordans of jiu- jitsu, collectors items that may wind up being kept in their bag out of circulation.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If you are just getting started with jiu-jitsu, you may want to consider starting out with a lower end, less expensive product. Wearing a high end gi will likely not improve your jiu-jitsu.

CHOOSING A GI...

As you shop around, you'll begin to understand more and more about gis. Each company has its benefits and drawbacks, and each product has something different to offer you, as a consumer.

If you're new to jiu-jitsu don't think that you have to spend a lot on a gi. Spend what you're comfortable with and look for something that you'll be comfortable in, both in feel and asthetics.

Also, always remember to research a gi you're interested in buying by reading its reviews. Most gi reviewers do what they do as a labor of love, giving an honest assessment of the products submitted to them for review. Take the reviews as a consensus of what you can expect when you try on your new gi!

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GEAR LAB

SISU

MAX GUARD NEXTGEN

SISUGUARD.COM

ABOUT TWO YEARS AGO, ISSUE 30 TO BE EXACT, I REVIEWED THE SISU MAX GUARD 2.4. SINCE THEN, SISU HAS COME OUT WITH A NEW VERSION; A NEXTGEN VERSION OF THE ORIGINAL MOUTH GUARD. At the time of my first review, I was pretty impressed. I gave it some very high marks in performance and value, so when I got wind of the NEXTGEN, I was eager to give it a try.

WHAT IT IS

The SISU MAX GUARD NEXTGEN is a moldable mouth guard ideal for combat sports like jiu-jitsu and other contact sports. It is moldable so that it will conform to your unique upper bite. Unlike many "boil and bite" mouth guards, the MAX is remoldable up to twenty times. It's also easier to customize than most boil and bites. The material will soften and become pliable at 140° versus 212°. The guard arrives to you as a flat piece of 2.4mm non-compressible thermo-polymer. It is BPA, Latex, PVC, Phethalete free, FDA compliant, and made in the USA. With the addition of hot water, the material becomes pliable enough for you to conform the pieces to fully protect your upper bridge. A redesigned perforation pattern is cut into the material to aid in the molding process, distribute impact, and allow you to drink, speak, and breathe better while using the guard. Compared to the previous version, the bite pad is larger, the edges are rounded for more comfort, and the perforation pattern has been re-engineered.

FITTING IT

Fitting the MAXGUARD is super simple; get some hot water, over 140°, and dip it in with the use of a utensil. Allow the material to soften (you'll see it begin to drape over your utensil). Remove, place against your upper teeth so that they're centered on the bite pad, then fold the edges over the teeth, close your mouth, and suck. It's very easy. The fact that the material becomes pliable at only 140° versus 212° makes it very easy to soften up just a bit under a hot faucet to make any minor adjustments. After 3-5 minutes in your mouth, it's ready to be removed.

USING IT

Once molded correctly the MAXGUARD stays in nicely. Depending how tight you fitted it, you can adjust so that it removes easily or stays in place well. I like mine with a medium to tight fit. I've been wearing a mouth guard from my very first jiu-jitsu class. I realize that some people refrain from using them because they feel like they can't breathe or want to gag. The thiness of this guard helps on both of those fronts. Wearing the MAXGUARD during training was great, I've been wearing it for about 3 weeks now, including in competition, and I have no complaints. The rounded edges make it a bit more comfortable than my original. It's design allows for me to communicate clearly without having to remove it's also very convenient and safer since I'm not touching it with my hands. It's easy to drink water without having to remove it between rounds, and it didn't interfere with my breathing. One added benefit of wearing any mouth guard that's not promoted is the ability to hold out on a choke a bit longer. There have been plenty of times when I think I'm able to last a little bit longer to find an escape thanks to wearing a mouth guard. There were a couple times when I took a knee or elbow to the grill. There was no pain, no broken teeth, and no bitten lips.

CONCLUSION

I don't remember exactly what I said about the original MAXGUARD but the NEXTGEN is a winner. It's relatively inexpensive at $34.99, same price as before, and will give you the protection and comfort of even the most expensive custom guards. It's thin and unique design allows for easy breathing, talking, and drinking while continuing to provide protection. In fact, this new guard comes with a $35,000 full dental warranty (1 year). If it's time for a new mouth guard, or you want to try one for the first time you will definitely be happy with the MAXGUARD NEXTGEN.

VERDICT

Even more comfortable than before, inexpensive and protects your mouth.

PERFORMANCE	★★★★★
VALUE	★★★★★
OVERALL	★★★★★

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GEAR LAB

FUJIFIT

SOFT KETTLEBELLS

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KETTLEBELLS HAVE QUICKLY BECOME A POPULAR WORKOUT TOOL IN THE FITNESS COMMUNITY. THEIR PROPER USE IMPROVES BODY MOVEMENTS AND STRENGTHENS CORES, MAKING THEM IDEAL FOR GRAPPLERS. Essentially, kettlebells are cannonballs with handles attached to them. Typically constructed of iron, they would likely outlast the zombie apocalypse. Their construction, however, is problematic as they can cause damage to mats, floors, and studios. Thankfully, FUJIFIT has come out with the Soft ettlebell, the first of its kind.

HOW IS IT DIFFERENT?

Traditional kettlebells are generally made from cast iron. Sometimes, other material such as cement is used and the kettlebell is coated in vinyl. Competition kettlebells are made from steel. There are also other various coatings that companies use in order to protect the kettlebell surface along with any surface it may come in contact with. The FUJIFIT Soft ettlebell is unique in its design by keeping martial artists and academy owners in mind with a soft but rugged nylon shell design. This shell helps to prevent damage to academy floors. The high quality material uses triple reinforced stitching to make sure the kettlebell is tough and durable. It feels a lot like synthetic leather with a carbon fiber like weave. The handles are bolted onto the actually weighted portion.

HOW TO USE IT?

Well, it's still a kettlebell. The functionality of the kettlebell doesn't change just because the material is different. You will be able to use the FUJIFIT Soft ettlebell the same way you would a cast iron kettlebell. You can still do the same explosive and stability exercises.

USING THEM

When I first picked up the FUJIFIT Soft ettlebell, it seemed a bit lighter. When weighed, the FUJIFIT Soft Kettlebells came in exactly as advertised. Thinking it was lighter may have been due to its slightly bulkier size relative to a cast iron kettlebell, or possibly a mental association made with iron being heavy. The soft m terial does feel nicer than cast iron or vinyl kettlebells. This is especially true when in a rack position. Not much is different from the workout otherwise. Depending on the weight of kettlebell you're used to using, you may notice the difference in size. The FUJIFIT Soft ettlebells tend to be a little bigger than traditional ones. This size difference didn't seem to affect my workout at all. I didn't handle them any more delicately than I would any other kettlebell, and after a few weeks of use, there were no signs of premature wear.

CONCLUSION

These kettlebells are softer than cast iron and vinyl. That doesn't mean it's okay to drop them on your foot. It may hurt less, but it will still hurt. Be sure to keep the same safety precautions when training. At the end of the day, physics will always win. The FUJIFIT Soft Kettlebells come in 10, 20, and 30lb options and are priced at $29.99, $39.99, and $49.99 respectively. Pricewise, they're very comparable to traditional kettlebells. If you're looking to supplement your training with kettlebells, these are a great option and alternative to iron kettlebells. The soft shell makes them perfect for home training where you might have delicate tile or hardwood.

VERDICT

HITS:

- Soft shell makes them easy on floors and surrounding area
- Soft shell also makes it a bit more comfortable when using in certain techniques
- Competitively priced
- Simple weight sequence; 10, 20, 30lbs

MISSES:

- Bulkier in size relative to iron kettlebells (pound for pound)
- Handles may become loose and require maintenance over time

PERFORMANCE	★★★★★
VALUE	★★★★★
OVERALL	★★★★★

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RING TO CAGE

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THEY SAY THE MORE THE MERRIER; THIS SAYING COULDN'T BE MORE TRUE THAN WHEN IT COMES TO TRAINING PARTNERS. HOWEVER, SOMETIMES THERE IS NO ONE TO TRAIN WITH. Maybe you wake up in the middle of the night with the urge to work on your closed guard armbar but your wife would probably be pretty upset if you put it on her at 3am, so what's a grappler to do? Ring To Cage thought that very same question a few years ago when they released their first life-size grappling dummy. Since then, they've continued to improve the design and functionality. Their latest creation is the Deluxe MMA Grappling/Jiu-Jitsu Dummy 3.0; it's the third generation of their grappling dummy design.

WHAT IT IS

The DGD 3.0 is a life-sized grappling dummy made of heavy duty 22oz polyester coated vinyl. It comes one of two ways, either filled or unfilled. When standing upright, it would measure at 6' tall. Although the joints are all articulated so that the resting state is something similar to someone who is grappling on their knees, all of the major joints (knees, elbow, shoulders, hips, ankles, and wrists) all allow for simulated manipulation and submissions. The filled version is the one I tested, it tips the scales at 65lbs.

ROLLING WITH IT

Dummies like this one are very handy when working on repetitious maneuvers where building muscle memory is important. They can also be useful when working on transitions. Something like a knee on belly to mount to armbar is something that you could drill repeatedly until the sun comes up without tiring out or injuring a training partner. During testing, I spent time working on kneebar entries from half-guard, back to armbar, various leg locks, and a number of other combinations. I also managed to get an A3 gi top on the dummy to practice some collar work. The width of the arms takes up a lot of space in the sleeves, but there was still room to do some sleeve grip simulations. The DGD 3.0 is also made for MMA training and can take some strikes. I did some elbow strikes from side control along some strikes from the mount. In two weeks of use, a few of us probably logged about four hours of accumulated use. Through it all, there were no signs of premature damage or wear and tear.

CONCLUSION

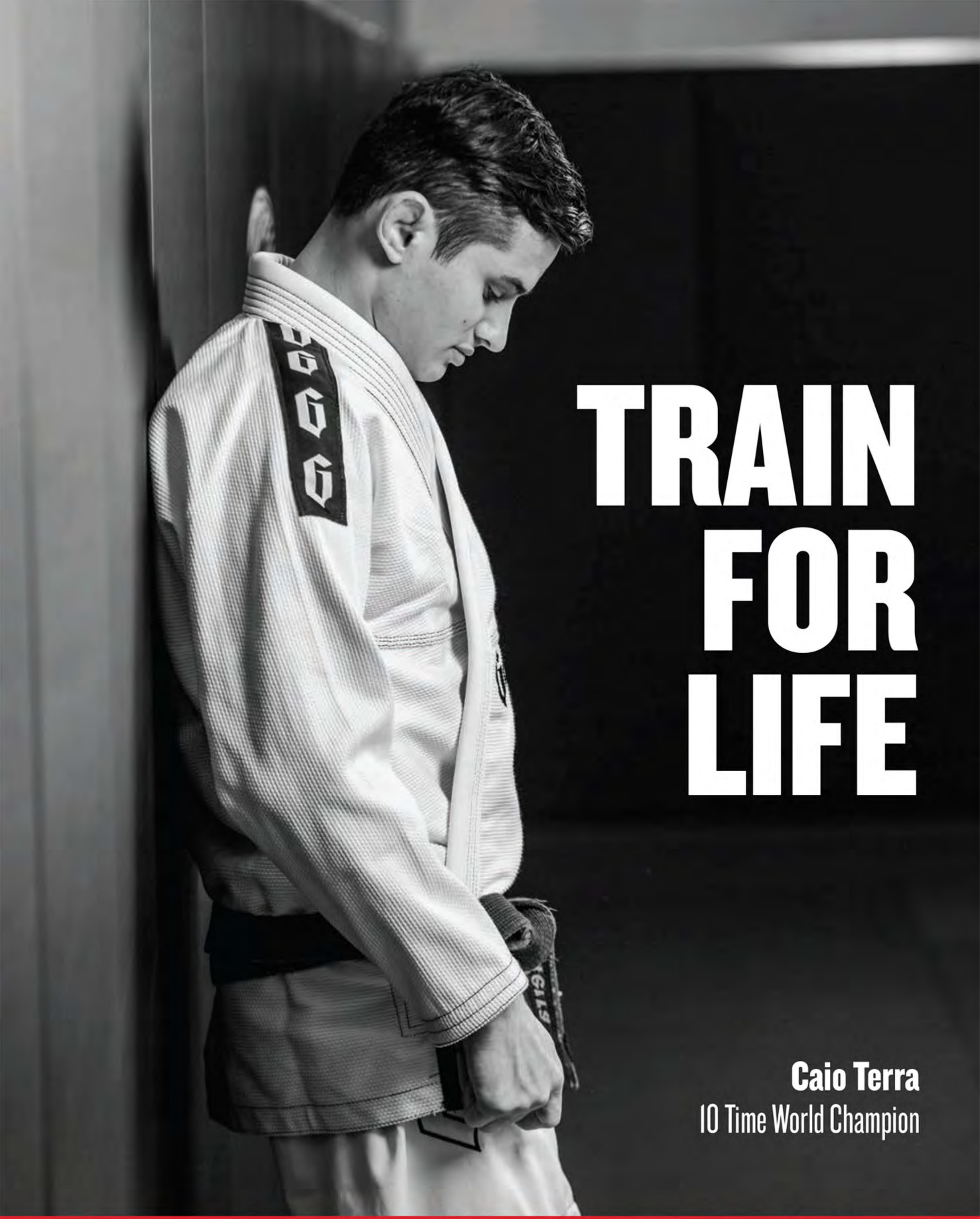
If you're the type that can motivate yourself to work on improving your skills outside of the class environment, then this might be a very useful item to have. Repetition drilling techniques and transitions with a dummy like this can definitely be beneficial for any grappler at any stage. If you don't have a willing partner outside of class, or you like to drill with that added intensity that some teammates might not appreciate, then this is for you. The adult version sells for $499.95 filled, while a smaller youth version sells for $399.95 filled. There are also less expensive unfilled versions that sell for $379.95 and $329.95 that can be filled with any type of rags or fabric. The price will seem high if you've never shopped for a grappling dummy before, but if you have, you'd find the price to be competitive with other comparable dummies. The design is versatile and works well for any sort of guard training, top or bottom. If you're looking to drill anytime, anywhere, then this is for you.

VERDICT

VERDICT

IF YOU'RE WILLING TO INVEST, THIS DUMMY WILL PAY DIVIDENDS.

VALUE	★★★½☆
PERFORMANCE	★★★★½
OVERALL	★★★½☆



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No-Gi Techniques WITH THE SPIDER ANDER

WORDS: **PATRICK FLORES** | PHOTOS: **JASON BOULANGER**

ANDERSON SILVA IS MORE WIDELY KNOWN FOR HIS TRIUMPHS IN THE OCTAGON THAN ANYTHING ELSE. THESE SKILLS AS AN MMA ARTIST OFTEN OVERSHADOW HIS INDIVIDUAL ABILITIES AS A STRIKER AND GRAPPLER. Although Anderson's striking is considered at the top of the game, it is his abilities as a counter striker that his opponents worry about. His ability to capitalize on a leading opponent is devastating. After fighters realized this, they decided to not engage Anderson by leading. This created an opportunity for wrestlers to capitalize as grappling remains the most viable option. As we mentioned in our original article with Anderson, his jiu-jitsu is tailored for his needs in the octagon. This includes allowing him to defend weaknesses opponents may attempt to expose. This has allowed him to remain safe when facing many opponents whose particular styles fair better against the Spider.

RSON SILVA

WE SAT DOWN WITH THE SPIDER FOR A QUICK INTERVIEW.

Who would you say influenced your jiu-jitsu the most? How come?

Anderson: I had many influences including my first professor (Andre Charopinho). I would also say Rodrigo Minotauro, Ramon Lemos, and Ricardo De la Riva. Each one of them helped me to find the path to my own jiu-jitsu.

If you could describe your jiu-jitsu in one word, what would it be?

Water.

"BE LIKE WATER MAKING ITS WAY THROUGH CRACKS. DO NOT BE ASSERTIVE, BUT ADJUST TO THE OBJECT, AND YOU SHALL FIND A WAY AROUND OR THROUGH IT. IF NOTHING WITHIN YOU STAYS RIGID, OUTWARD THINGS WILL DISCLOSE THEMSELVES.

EMPTY YOUR MIND, BE FORMLESS. SHAPELESS, LIKE WATER. IF YOU PUT WATER INTO A CUP, IT BECOMES THE CUP. YOU PUT WATER INTO A BOTTLE AND IT BECOMES THE BOTTLE. YOU PUT IT IN A TEAPOT, IT BECOMES THE TEAPOT. NOW, WATER CAN FLOW OR IT CAN CRASH. BE WATER, MY FRIEND."
- BRUCE LEE

How often are you currently training jiu-jitsu?

Four times a week. Two times with a gi, and two times no-gi.

Do you prefer to pull guard or take your opponent down?

Pull guard

Do you have a favorite submission?

Nope

Many would argue that sport jiu-jitsu has become too point based and there has been a movement to more submission-based tournaments. Do you have an opinion on what direction the sport should move in?

My opinion won't influence much because the jiu-jitsu that I train is for MMA. It's so different.

Is there any particular athlete in jiu-jitsu today that you like to watch? If so, why?

Andre Galvão, Mendes Brothers, and Gezary Matuda because they are great athletes with beautiful technique.

What direction do you see jiu-jitsu going in the next 10 years?

It will continue to grow even at a faster rate than now.

Anderson, recent reports stated you wanted to compete in a jiu-jitsu world championships but your coaches advised against it. With the latest trend of jiu-jitsu super fights, would that be something you would consider?

Yes.

What would you say has been the coolest moment of your career thus far?

When I got my first title in Japan in Shooto.

NO-GI TECHNIQUES

WHEN WE ORIGINALLY MET WITH ANDERSON, WE COVERED GI TECHNIQUES, HOWEVER, HAVING SUCH A PRESTIGIOUS MMA BACKGROUND, WE WOULD HAVE BEEN REMISED IF WE DIDN'T COVER NO-GI TECHNIQUES. ANDERSON HAS USED MANY TECHNIQUES SHOWN IN THIS ARTICLE IN THE OCTAGON. THEY'VE KEPT HIM SAFE ON THE GROUND WHEN FACED WITH TOUGH OPPONENTS AND ARE VERY APPLICABLE OUTSIDE OF THE CAGE.

HALF-GUARD LOCKDOWN

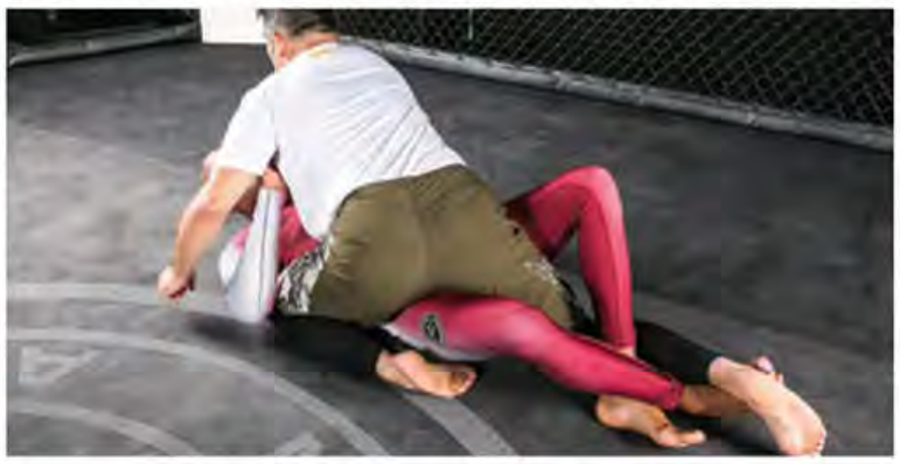
This is a good position to control your opponent's posture and take them off balance. You can grab onto them, bringing them in close to prevent strikes, or reducing the blows impact.

STEP 1

In this situation, Anderson's opponent was able to pass to a half-guard position and get Anderson flat on his back. Should Anderson fail to defend properly, his opponent will gain the correct balance to throw strong punches and elbows from the top position.

STEP 2

To get into a safer position, Anderson triangles his legs. In this situation, Anderson closes on his opponent's right leg. This means Anderson's left leg is wrapped over his opponent's leg, which is locked under Anderson's right knee. At the same time, Anderson's right shin/ankle hooks the opponent's foot.



STEP 3

With this lockdown, Anderson is able to control his opponent's balance and base. Anderson moves his legs in and out, extending and compressing his opponent's leg in order to control their balance. As this happens, Anderson's hands are up, defending punches by blocking the biceps.

BONUS

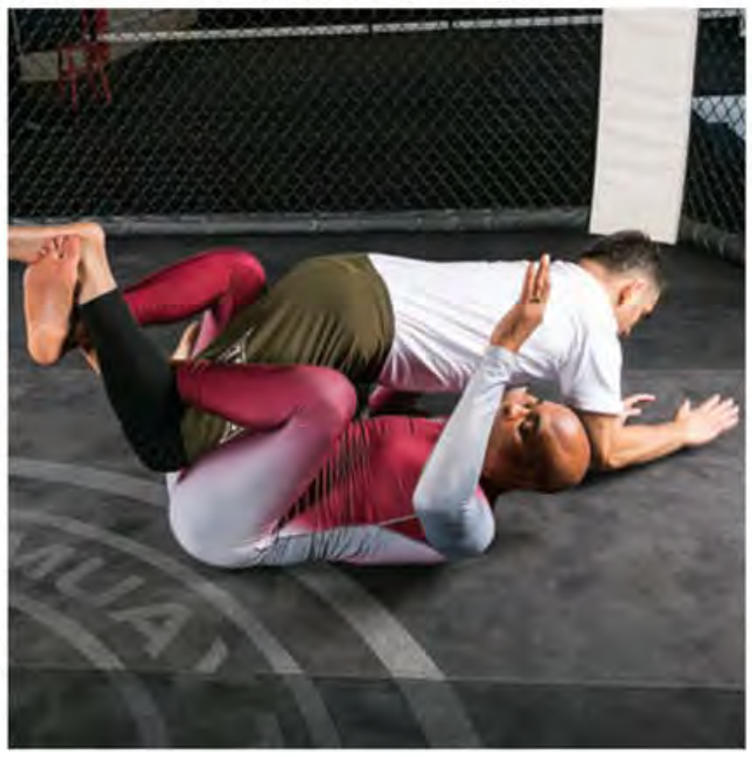
Anderson used this technique in his 2nd match with Chael Sonnen and his bout with Daniel Cormier. Both Sonnen and Cormier are great wrestlers. Both were able to take Anderson down. Anderson maintained this same half-guard control in both instances. Although both Sonnen and Cormier were able to land a couple strikes, the Spider was able to maintain his composure and reduce the damage inflicted significantly.

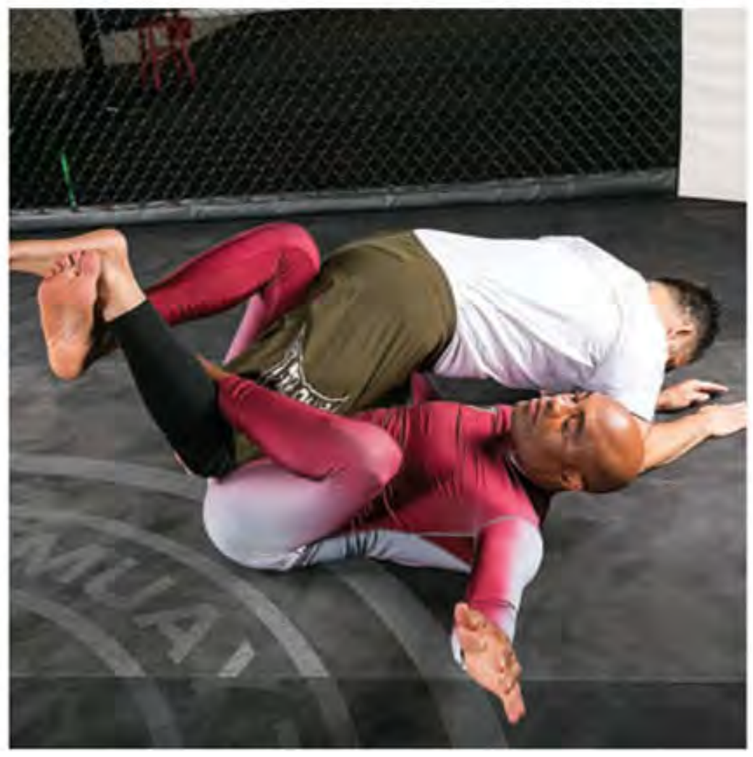
HALF-GUARD SWEEP

While defending with the lockdown is effective and will keep you safe, it's good to try to reverse the fight when the moment arises. Here's an effective sweep for such a setting.

STEP 1

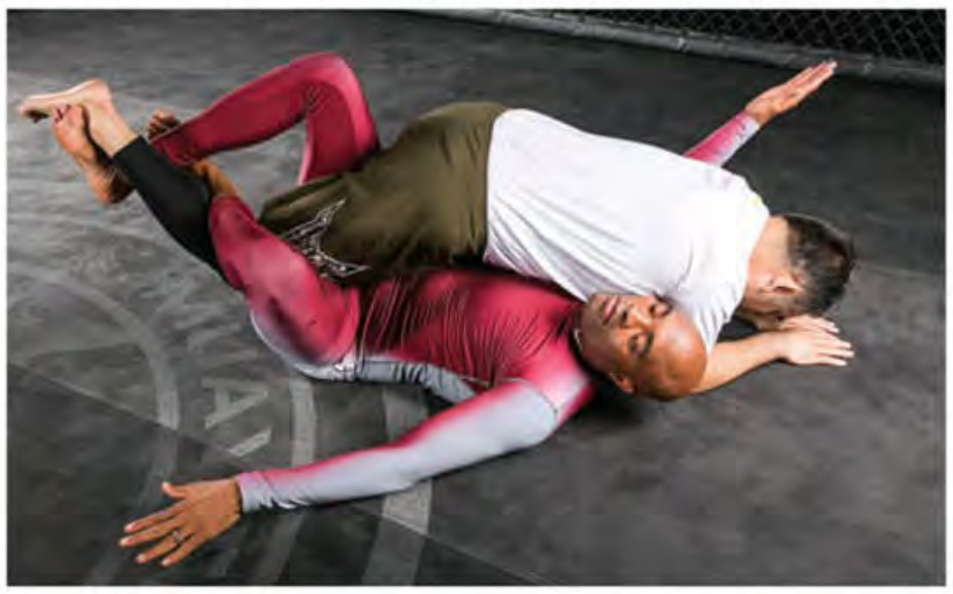
Anderson lifts his opponent off balance by bringing his half-guard lock in tight. He also uses his hands, placed under his opponent's armpits, to lift them over to his right side. Anderson slips out the opposite direction (on the side that he has control of his opponent's leg). Anderson still maintains the half-guard lock on his opponent's right leg.

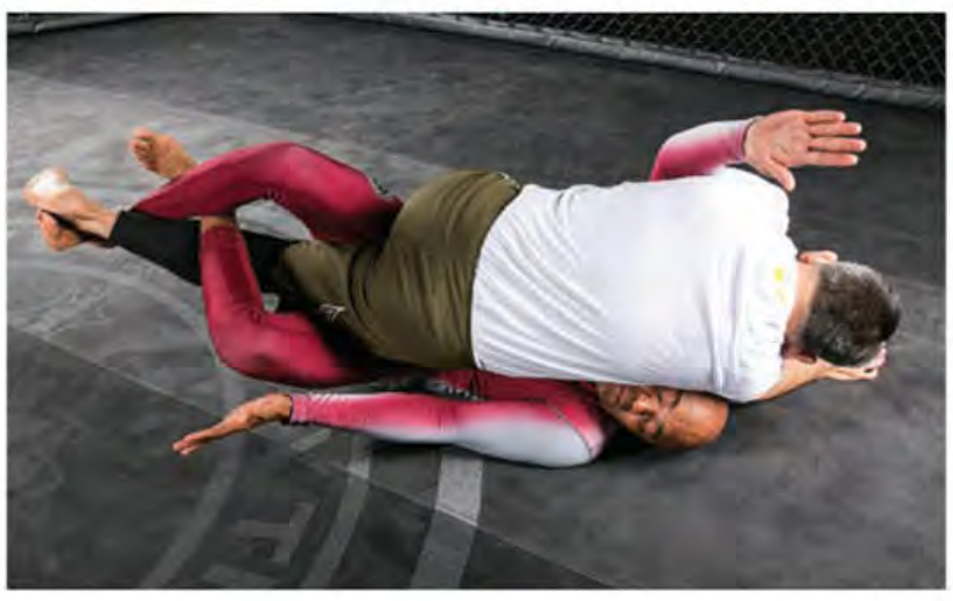




STEP 2

Anderson shifts his hips to the right while using his right arm underhook on his opponent to knock him over to his left side by punching his right arm up and to the left, as if he's doing a Superman punch towards the sky.





STEP 3

With the momentum of his opponent falling over, Anderson goes with it to end up on top in his opponent's half-guard. At this point he could throw blows or better yet, unhook his legs and look to pass the half-guard as quickly as possible.

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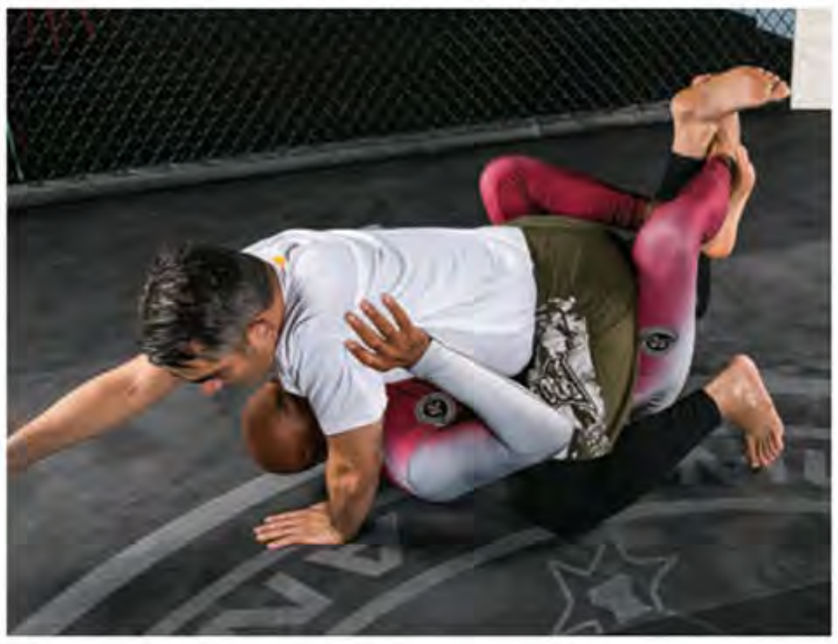
REAR NAKED CHOKE

Still maintaining the lock-down, Anderson shows it is possible to achieve a rear naked choke. The RNC is an excellent no-gi submission and Anderson's entry will work well for many body types and jiu-jitsu styles.

STEP 1

Anderson lifts his opponent up to one side and escapes out to one side as he does with the sweep.

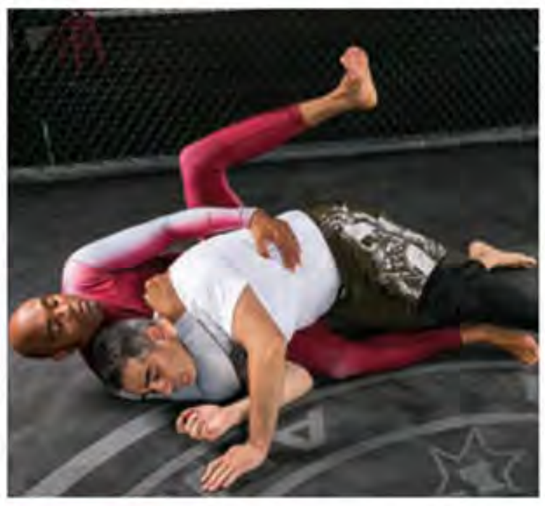


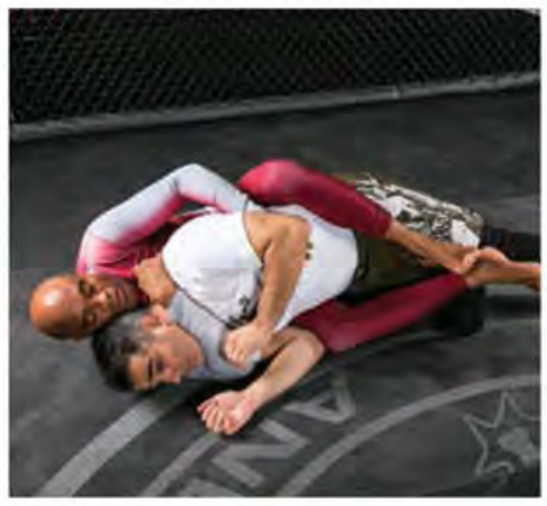
STEP 2

Instead of shifting his hips after creating the space, Anderson instead bases his right elbow to the mat so that he can extend his left arm around the back of his opponent.

STEP 3

Anderson makes a move for his opponent's back. He escapes his right arm out from under his opponent's armpit and slides it under his opponent's neck, over the shoulder.



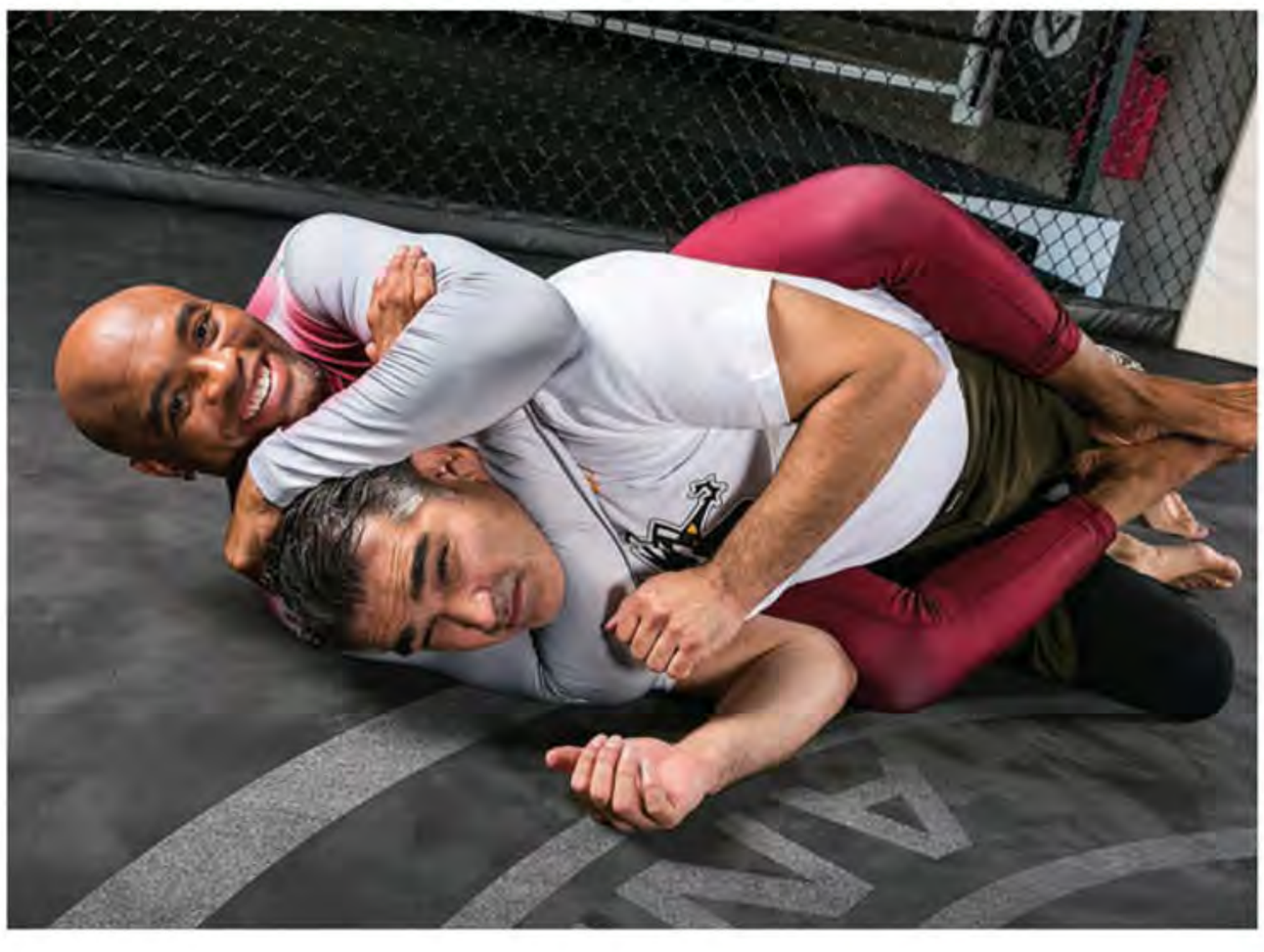


STEP 4

Anderson drags his opponent towards him as he falls back with his right side to the mat. He quickly extends his left leg up and over his opponent to get in the second hook. The bottom hook was already in position.

STEP 5

With the hooks in and control of the neck, Anderson brings his left arm up to his opponent's shoulder, grabs his left bicep with his right hand, then angles his left arm behind his opponent's head. He tightens everything up and finishes with the RNC [rear naked choke].



Want to make the RNC even tighter? Try extending your hips as you finish. This will help make the choke tighter. This works on most chokes from the back. Give it a try next time.

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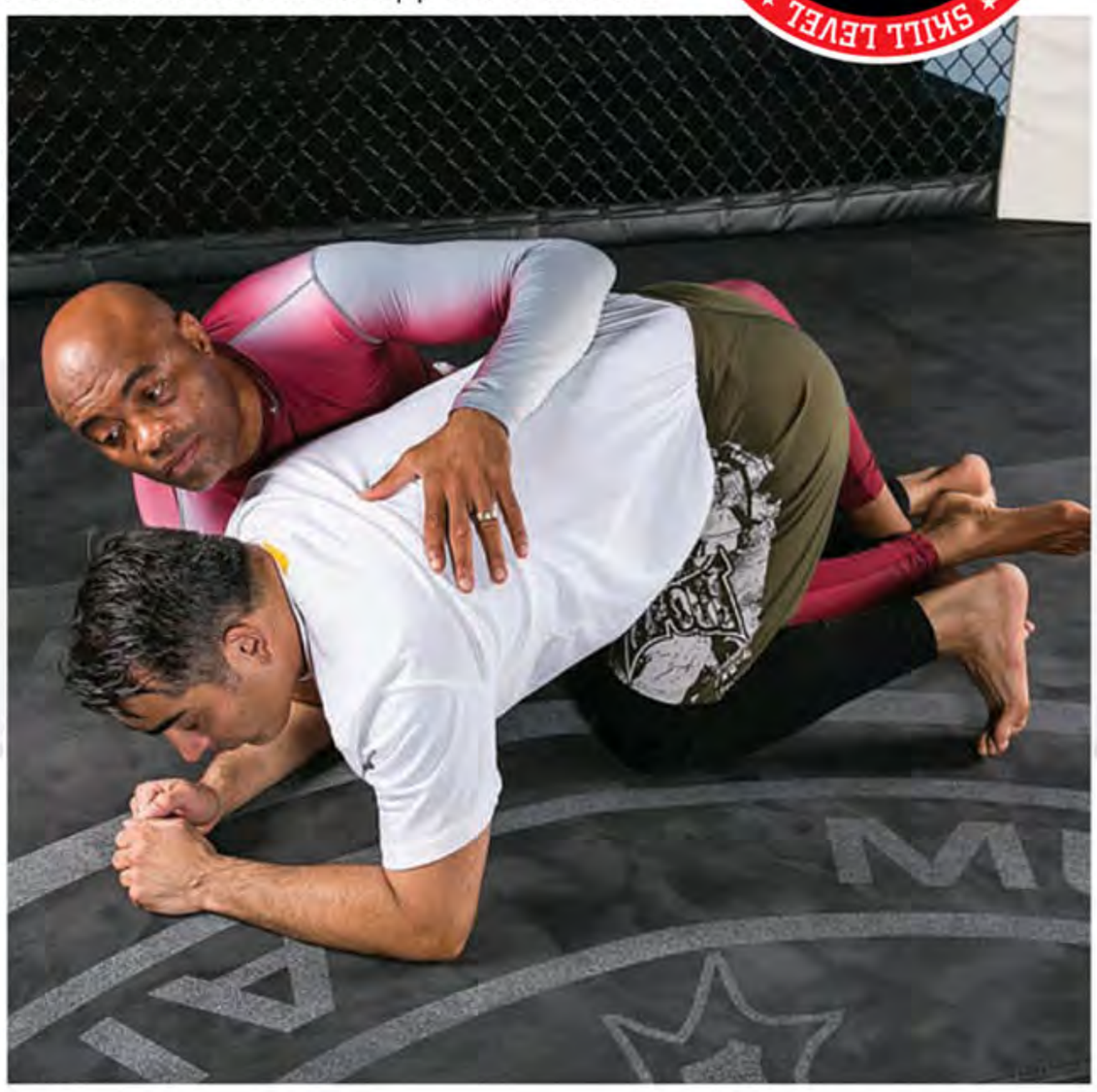
HALF-GUARD ESCAPE TO ARMBAR

With a similar setup to the sweep, Anderson maintains the lock-down control and moves his opponent over to one side as he slips out the other way.

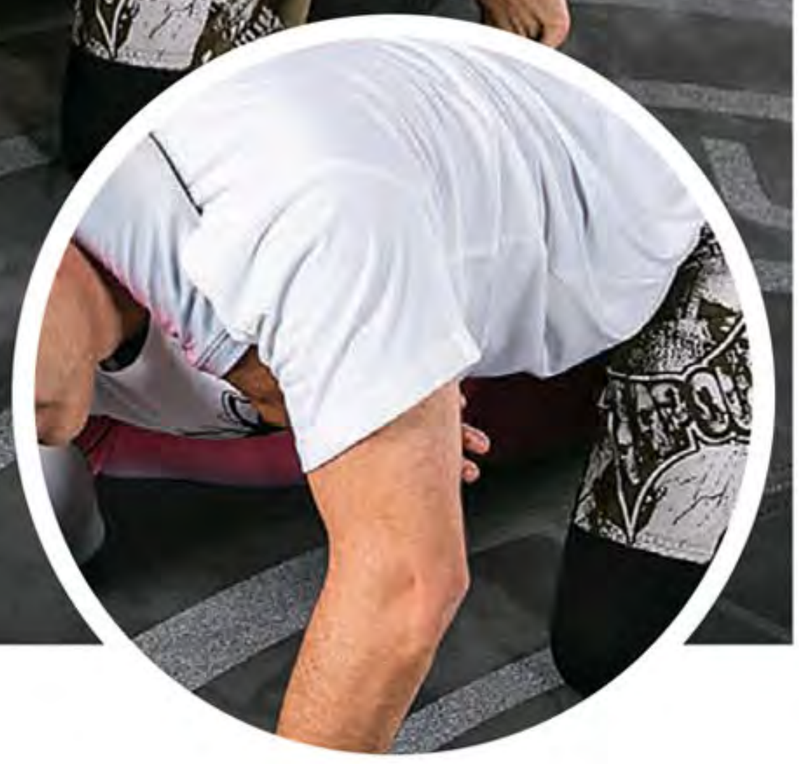
STEP 1

Once again, Anderson creates space and slips out the side and reaches over to control his opponent's back.



STEP 2

Anderson then proceeds to underhook the near arm with his right arm. At the same time, he brings his left arm up and behind his opponent's neck, hooking over the shoulder and reaching with his hand past his opponent's left armpit (almost similar to a crucifix). Again, it is important to not let go of the lockdown at this point of the technique.



STEP 3

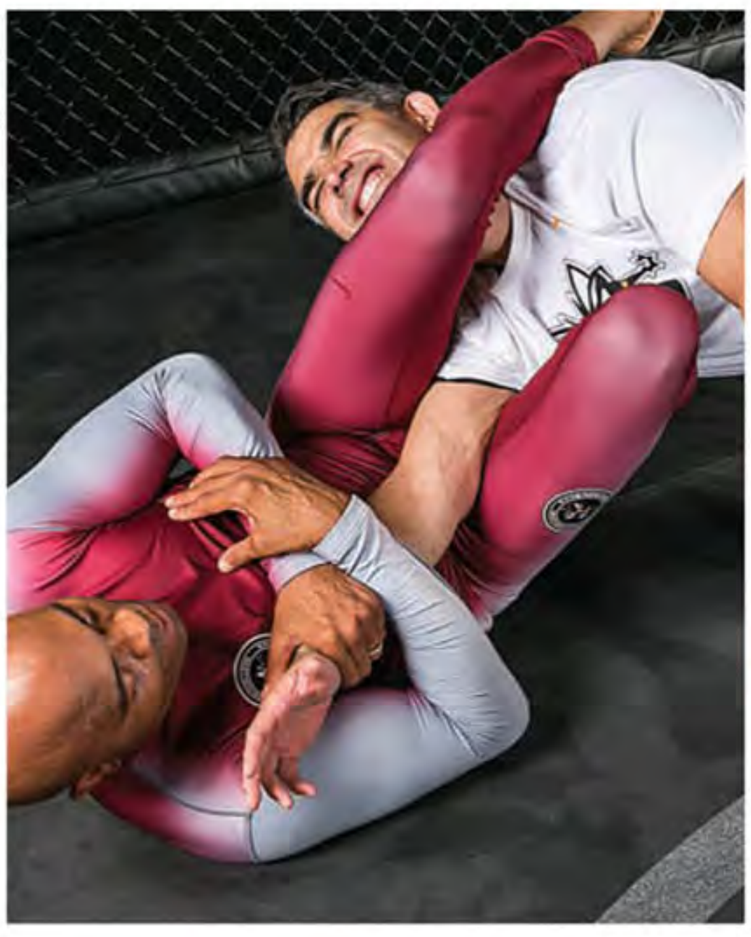
Anderson lets go of the lockdown and brings his left leg over his opponent's head. He can use his left hand to push the head back if he needs to. As the leg is coming over, he quickly grabs his opponent's right arm at the wrist to keep him from pulling away.

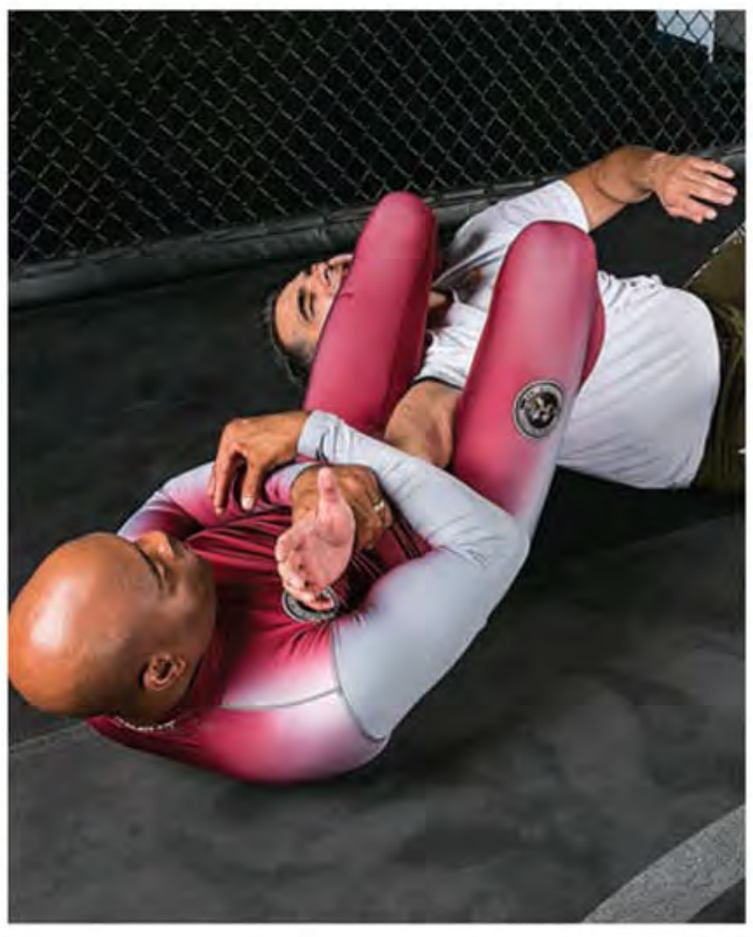
STEP 4

Now, Anderson lets go of his opponent's shoulder with his right hand and brings it to the target arm. At the same time, brings his right knee up so that he can place some pressure against the target arm.

STEP 5

Anderson then extends his left leg to flatten his opponent to the mat, squeezes his legs together, makes sure the thumb is pointing up, and finishes the armbar.





STANDING ARM-TRIANGLE

This is a handy move worth learning should you ever find yourself in a stand up situation in close quarters, or in an MMA match. The clinch is a fundamental position in Muay Thai. Although most would opt to throw knees or elbows, Anderson shows us a submission from this position.

STEP 1

Anderson brings his right hand up and inside of his opponent's clinch.

STEP 2

Once the hand is inside he extends that right arm so his hand is past his opponent's head.

STEP 3

Anderson brings his left hand up and around the outside of his opponent's clinch so that he can grab his hands together. In this instance, Anderson brings his left hand over his right and grabs the outside edge of his right hand with his fingers.

STEP 4

Now, Anderson pulls his opponent in and to the right, while at the same time pulling his head back to his left, then back in tight once the arm has cleared his head. Once the arm is through, hold your opponent tight so they can't get that right arm loose.

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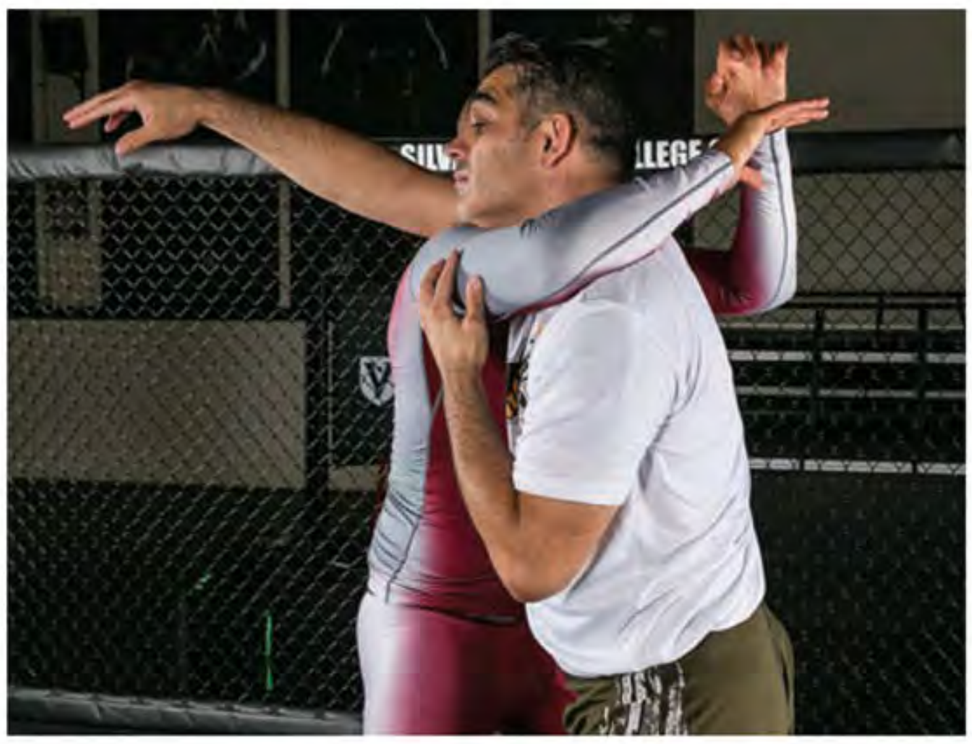
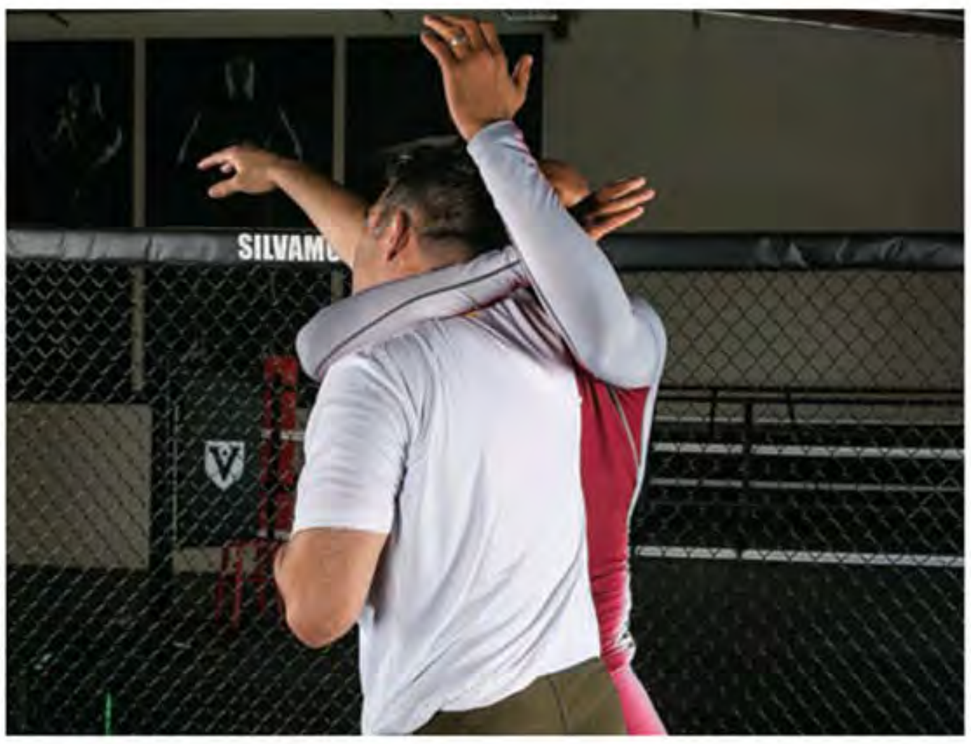
STEP 5

Anderson shoots his right arm up and bends at the elbow so that the inside edge of his right forearm is on the left side of his opponent's neck.

STEP 6

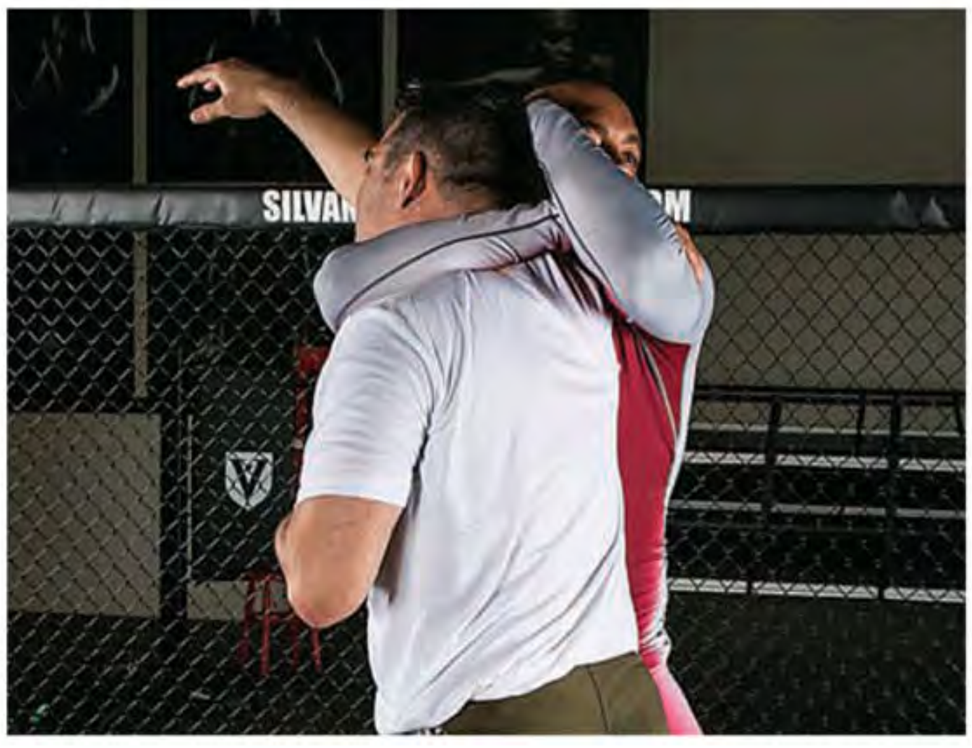
Once secure, Anderson drives his right arm up as deep as he can, releasing the grip of his hands so that he can find his left bicep with his right hand.





STEP 7

From here, Anderson's left hand wraps around to the right side of his opponent's head. Anderson squeezes everything nice and tight for the finish.



THERE YOU HAVE IT. SOME SIMPLE AND ADVANCED NO-GI TECHNIQUE YOU CAN USE IN COMPETITION AND QUITE POSSIBLY IN A SELF-DEFENSE OR MMA SITUATION STRAIGHT FROM THE SPIDER.

US OPEN

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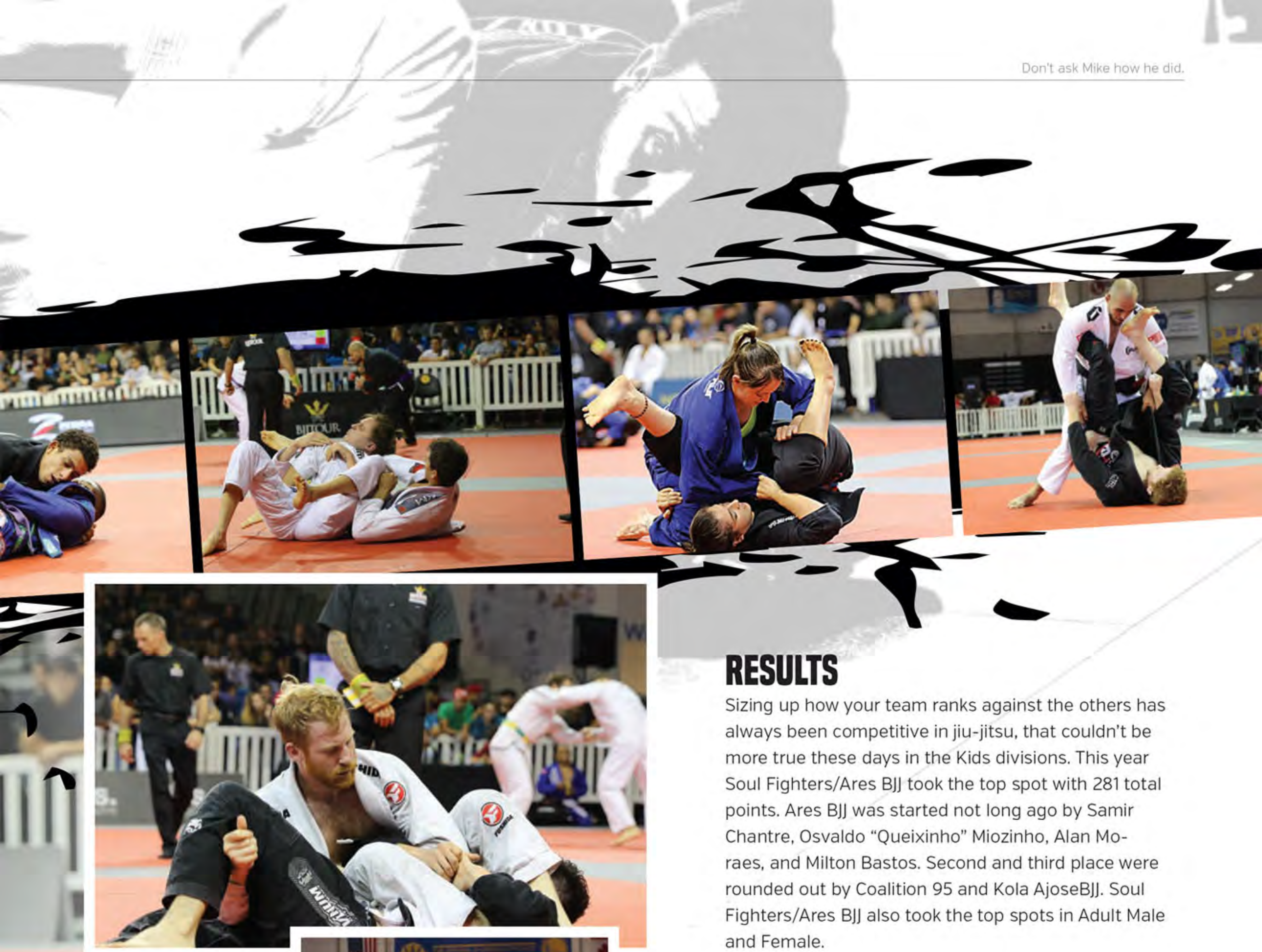
WORDS: **MIKE VELEZ** | PHOTOS: **SEBASTIAN VILLANUEVA**

ONE OF MY FAVORITE TOURNAMENTS TO COVER EVERY YEAR IS THE US OPEN. IT'S THE GRANDDADDY OF JIU-JITSU TOURNAMENTS IN THE UNITED STATES. The first installment was twenty-one years ago! The atmosphere is always competitive yet easy going. Must be something about the setting. For the last few years the US Open has been held at the Kaiser Permanente Arena in beautiful Santa Cruz. This year's event was jammed packed with even more competitors than years passed and stacked Adult Black Belt Division with the likes of Tarsis Humphreys, Joao Rocha, Tanner Rice, Rafael "Formiga" Barbosa, Osvaldo "Queixinho" Miozinho, and other notables from around California and beyond.

The event is run over two days; Saturday and Sunday. Saturday is reserved for kids, purple belts and brown belts. Despite the fact that the day ran long on Saturday it ran on-time. We ended up leaving the auditorium around nine in the evening. Sunday started bright and early with a mix of black belts, blue belts and white belts throughout the day. The US Open is run near the end of the BJJ Tour Schedule. After the Open there is just one more tour stop to go, that being Nevada in early December. The BJJ Tour runs over the course of the year with stops in Florida, California, Nevada, Connecticut and Texas. But the US Open is by far the largest of the events.

- Kids Today - I remember when they were happy just to get mount. The kids divisions at the US Open were among the most competitive all weekend long. The techniques demonstrated were on a whole different level versus ten years ago.

US OPEN



RESULTS

Sizing up how your team ranks against the others has always been competitive in jiu-jitsu, that couldn't be more true these days in the Kids divisions. This year Soul Fighters/Ares BJJ took the top spot with 281 total points. Ares BJJ was started not long ago by Samir Chantre, Osvaldo "Queixinho" Miozinho, Alan Moraes, and Milton Bastos. Second and third place were rounded out by Coalition 95 and Kola AjoseBJJ. Soul Fighters/Ares BJJ also took the top spots in Adult Male and Female.

ADULT BLACK BELTS

This year's black belt matches were among best I've seen covering this event over the years. Early on in the Black Belt Pro Under 208lb division Tanner Rice scored an upset win over Tarsis Humphries to advance and would later take home the big fat $500 check. In the Under 181.5lb division Francisco Iturralde of Alliance beat out Formiga in a very tough match. In the Over 208lb Joao Rocha ended up a very tough Ahmed White from Ralph Gracie. The final weight division check for $500 was won by Gabriel Marangoni from Ralph Gracie, Gabriel beat Felipe Simplicio in the Under 154.5 final. In the Open Formiga and Joao Rocha closed out the top two spots.

UNTIL NEXT TIME

Once again the US Open didn't disappoint. Check out the rest of the BJJ Tour with stops all over the country. Their 2017 schedule is and posted. Check it out and make plans to compete! Their website is ***BJJTOUR.COM.***

HOW TO RELAX

FOR MORE EFFECTIVE JIU-JITSU

WORDS: **RICARDO CASTANEDA**

BEING CALM AND RELAXED IS ONE OF THE MOST CHALLENGING ASPECTS OF LEARNING AND PRACTICING JIU-JITSU. FOR THE MAJORITY OF THE POPULATION, JIU-JITSU IS A GREAT WAY TO ALLEVIATE THE STRESSES OF EVERYDAY LIFE, GETTING GOOD EXERCISE, AND LEARNING SOMETHING NEW IN THE PROCESS. Jiu-jitsu itself, however, can induce a stress response that hinders the ability to learn and practice effectively.

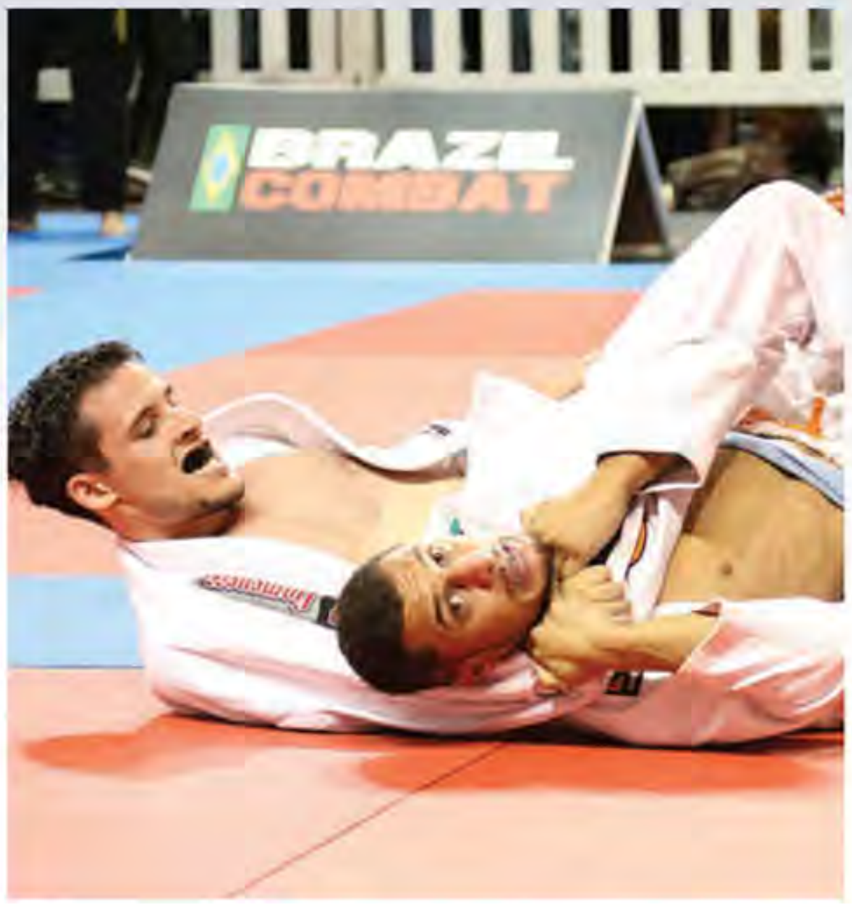
This is especially true for beginners who have limited technical knowledge and must rely on strength, athleticism, and instinct in order to survive. The excess tension and rigidity puts ample stress on the body and mind. This is prevalent in newcomers, but some seasoned practitioners also experience the same stress and inability to move through techniques smoothly and calmly.

Maintaining composure when your partner is trying to rip your limbs off and choke you unconscious is not an easy task. Breathing and staying calm when your body is maximizing its efforts to keep itself alive is a skill that takes a lot of practice and much more patience. The sooner you understand this, the sooner your techniques will flourish.

THE STRESS RESPONSE

A major challenge to the art of staying calm is a survival mechanism that has been with us since birth. Our nervous systems have an instinctual mode known as the "fight or flight" response. When a threat is presented, our bodies become stressed and trigger a sympathetic nervous system response. This is the moment when all of the chemicals, hormones, and other neurotransmitters necessary to combat the adversity or run from it are activated. This is adaptive if we are facing a bear in the woods, for example, but on the mats, it can be detrimental to our progress.

The inability to relax and remain calm may lead to a variety of obstacles that challenge the development of skills and techniques. Jiu-jitsu, after all, does not translate as The Stressful Art, but rather The Gentle Art. The irony, of course, is that for most practitioners with marginal mastery of their technique, there is nothing gentle about jiu-jitsu. Nevertheless, the application of techniques as they are supposed to be applied requires sound decision making, fluidity of movement, and precision in time and space. Tension and stress disrupt these processes.

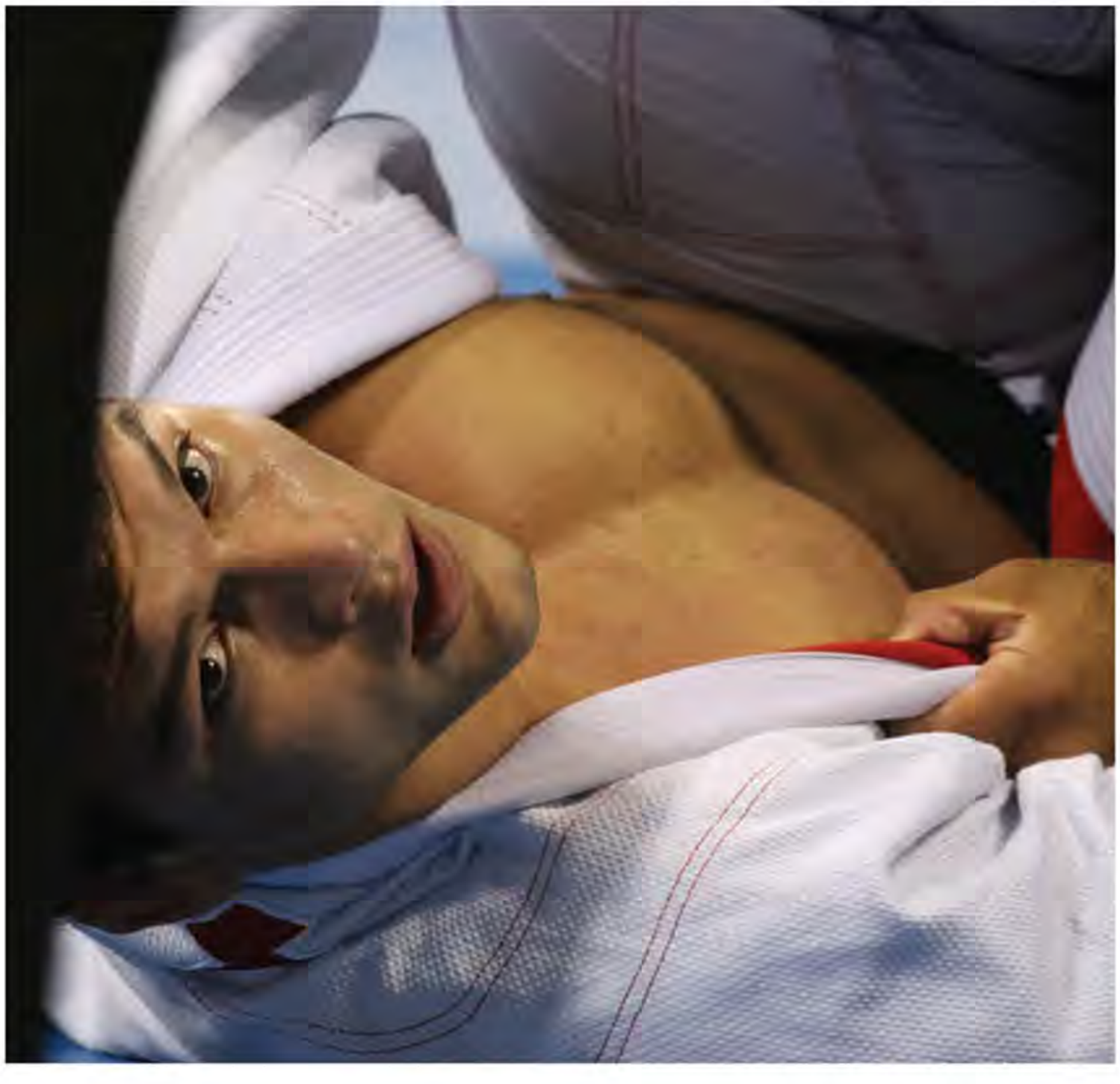


RELAXATION AND DECISION-MAKING

One obstacle posed by the fight or flight response is that the cascading chemical events evoked by your nervous system create more tension and stress on the body. If you have ever had an adrenaline dump, you understand what kind of stress you experienced in order to fight or run from a problem. On the other hand, if you managed to keep your cool during a stressful situation, you understand that maintaining your composure and strategizing an aversion is much safer and less disruptive to your body's natural harmony. Besides, if you have basic wilderness skills, you should know that if you see a bear, you should not run away or try and fight it. The best plan is to stay calm, assertive, and retreat tactically. This calm and tactical response has wide implications for how we should be playing jiu-jitsu.

Calm assertion is a great quality to have in training. The last thing any practitioner should do is panic. If somebody is mounting you and smothering you, panicking does not help. Panicking often leads to bad decisions like trying to benchpress your opponent off of you. There are no bench presses in jiu-jitsu. You will get armbarred. Panicking will help you forget that fact.

Being calm under pressure, however, is much more fruitful. Being calm and relaxed facilitates better decisions, allowing the practitioner to navigate positions more effectively. Someone who is calm when they are being mounted and smothered will know to keep the elbows tucked to the chest and will use proper technique to escape. In the heat of the moment, this is not easy. It takes practice to mitigate the mistakes made under pressure.



Relaxation and the Art of Pressure

Relaxed weight is heavy weight. It is hard to be heavy if you are tense. Lifting a one hundred pound sandbag feels heavier than picking up a one hundred pound person. The person is alive and engaged, and this weight is relatively lighter because the person is active. A one hundred pound sandbag, however, is deadweight. The more relaxed the weight is, the heavier the weight feels.

The same is true for maintaining pressure in jiu-jitsu. In side control, for instance, heavy pressure is unlikely when the body is tense and rigid. The tension will cause you to grab your partner and squeeze him for dear life, wasting energy. On the other hand, if you can find a way to relax and breathe all of the tension out, you become heavier and start to feel like that sandbag. The benefit is twofold. First, you will be heavier and second, you will conserve your energy. You may have noticed that your professors and coaches are the calmest people on the mats. It is no coincidence that they are also the ones that feel the heaviest. Heavy, dominating pressure is applied best when your body is most relaxed.

RELAXATION AND THE ART OF TIMING

Timing techniques appropriately is another feature of good jiu-jitsu that requires being calm. Being tense and using too much strength disrupts timing. Timing relies on fluidity which allows your body to make temporally precise movements. Timing a foot sweep, for example, is a combination of good technique and executing at just the right time before your partner's foot hits the ground. If you are relaxed and engaged, you can achieve accurate timing because there is no excess force in the movements.

If you are stiff and rigid, there will be excess force, and it will be much more difficul to initiate and redirect movements. A great example here is that of a speeding car. A car going 100 miles per hour is harder to maneuver than a car going 20 miles per hour. When your body is operating at 100 miles per hour, you will not only lose the ability to time techniques, but you will also lose valuable pressure.

MAINTAINING CALM DURING TRAINING

Knowing how the sympathetic nervous system responds to stress is an important part of knowing how to control the nerves associated with training. Its counterpart, the parasympathetic nervous system, balances the sympathetic nervous system by releasing its own chemical events to counteract the body's stress response. These two systems are complementary, working to keep the body at its equilibrium, which is known as homeostasis. If the sympathetic nervous system handles "fight or flight", the parasympathetic nervous system is in control of the "rest and digest" component. When the parasympathetic nervous system is activated, one experiences deeper breathing and a slower heart rate. These are two excellent traits to have in jiu-jitsu.

CONGRATULATIONS & THANK YOU TO ALL OF THE COMPETITORS, COACHES, AND SCHOOLS FOR BEING A PART OF THE BJJ TOUR IN 2016.

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BREATHING TO STAY CALM

Breathing seems like an oversimplified solution to the challenge of keeping calm and relaxed under pressure. Breathing slowly and deeply, however, has a plethora of positive effects on your body and mind including relaxation, emotion regulation, and stress relief. Remembering to breathe when you are panicking and losing control of your senses is a valuable tool to have on the mats and in life. Keeping a steady and consistent breath during intense training will require work but can be achieved.

There is a mindfulness based meditation technique that involves acknowledging the presence of a thing. If, for example, you feel your mind starting to run rampant with a million different thoughts and ideas and you are not breathing, you can always stop yourself, take a look at what is around you, and cultivate presence by paying attention to a particular thing and becoming aware of it. Take a millisecond to evaluate the feel of your grips or even a bead of sweat dripping from your face. Remind yourself of where you are and cultivate the presence of mind in training. This practice will lead back to your breathing and will help you relax some tension out of your body.

MIND GAMES

YOUR MOST VALUABLE TOOL

Have fun. Perhaps one of the largest obstacles to learning how to relax and stay calm is the inability to have fun. Enjoy yourself. Jiu-jitsu is a journey and there is never an established end. Even black belts will tell you that at the black belt, the journey is just entering the learning process.

If you are serious about training jiu-jitsu for the long haul, you need to know that it is going to be a very long and arduous journey. You are going to have great moments and you are going to have some not so great moments. All of these moments are part of the process, so embrace it. Breathe and do not be so hard on yourself. If you cannot learn to relax and enjoy the process, you will never truly grasp the beauty of The Gentle Art. So relax, go out there, breathe, have fun, and remember to enjoy yourself from time to time. Jiu-jitsu is fun!

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ASK THE DOCTOR

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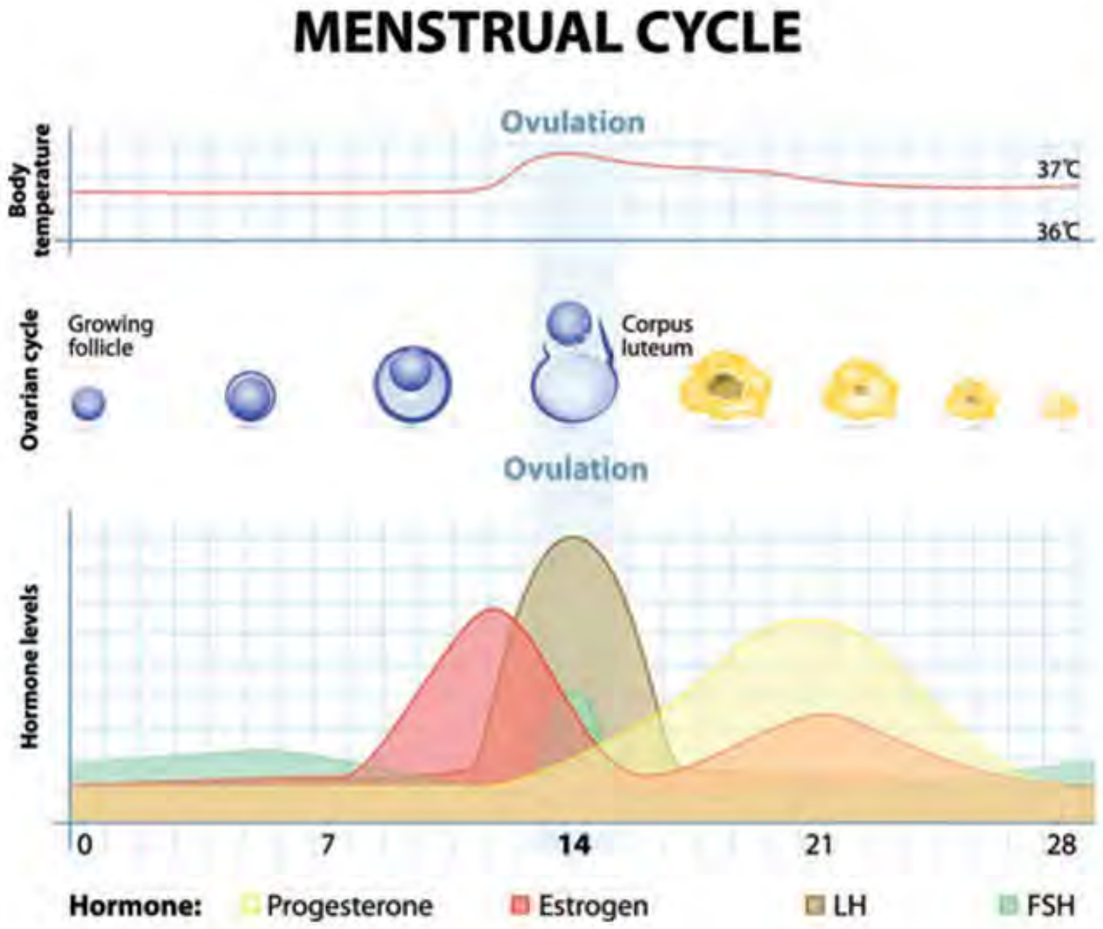
Q. IS IT OKAY FOR ME TO TRAIN WHEN IT'S THAT TIME OF THE MONTH? I'M 24 AND ONE OF A GROWING GROUP OF WOMEN THAT ATTEND MY SCHOOL. I LOVE JIU-JITSU. IT'S BEST THING I'VE EVER DONE FOR MYSELF. AT THE START OF MY PERIOD, MY CRAMPS ARE REALLY PAINFUL, BUT I REALLY DON'T WANT TO MISS CLASS. IS IT OKAY FOR ME TO GO TO CLASS WHILE I'M ON MY PERIOD? IS THERE ANYTHING BAD THAT CAN HAPPEN?

A. This is a question that has gotten a lot of press recently after Chinese swimmer Fu Yuanhui won a bronze medal in the 100 meter backstroke in the 2016 Summer Olympics and explained her disappointment in reaching fourth place in the 4x100 meter medley relay by saying, "[It's] because my period came yesterday I'm feeling a bit weak, but this is not an excuse."

The American Congress of Obstetricians and Gynecologists recommends regular exercise as one of the ways to reduce symptoms such as pain or fatigue during the menstrual cycle. Regular menstrual cycles are a good thing! It's actually more concerning if you stop having your periods because of intense workouts or weight cutting in preparation for competition as you are weakening your bones and becoming more prone to injury.

Asking around, some of the advice that was shared to me by women include wearing a dark gi or bringing an extra set of clothes. The choice of products such as pads, tampons, or cups will be a little bit of trial and error. Everyone in jiu-jitsu has dealt with sweat, the smell of a foul gi, and the sight of blood. Most guys should be mature enough not to embarrass their training partners. Ultimately, this is a personal decision for you based on how you feel!



ABOUT

PAUL MORTON, MD

is the Chief Resident in Orthopaedic Surgery at St Luke's University and Health Network in Bethlehem, PA. He has experience as a physician covering MMA, wrestling and various other sport events as well as a former (and maybe future) competitor in jiu-jitsu, wrestling and Judo. Currently training as a brown belt under David Adiv at Gracie New Jersey. He can be reached at **paulmortonmd@gmail.com.**

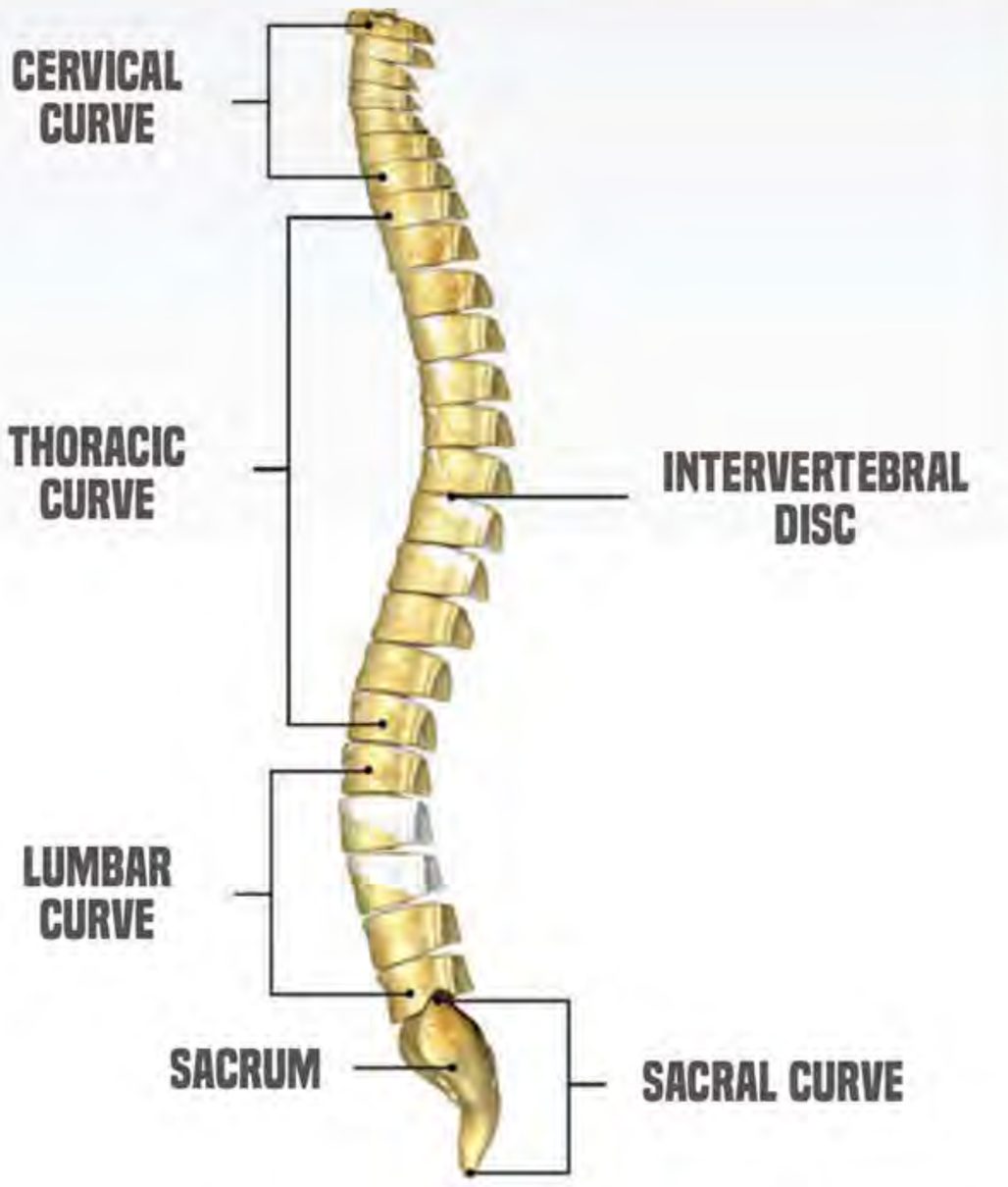
Q: I'm a 38 year old male, a bit overweight but not bad. I've been training for about two years now and recently I've noticed that while I'm at work on my computer, my right arm will start to get numb. Sometimes it's both arms, but most of the time I just feel it in my right. I haven't had any serious injuries that I can think of that might be causing this. What do you think is going on? Should I see a doctor?

A: You should absolutely see a physician about your numbness, especially if you have weakness. Arm numbness is difficul to address and often secondary to a compression neuropathy. Compression neuropathy is caused by direct pressure on a nerve and can occur anywhere from within the neck to specific areas in your arm. Common causes of arm numbness include disk herniations, thoracic outlet syndrome, stingers, cubital tunnel syndrome, or carpal tunnel syndrome.

Intervertebral disks are the shock absorbers of the spine that sit between the vertebral bodies that make up your spine. As you age, your disks will lose their ability to hold water, causing a loss of height and become more prone to damage. These disks can bulge into the spinal canal or nerves as a result of trauma or wear and tear, causing compression on nerves as they exit the spinal canal. Each nerve is responsible for specific sensation or muscle function. Initial treatments for this problem include physical therapy to build strength and mobility within your neck, relieving some of the pressure on your nerves. Should therapy fail, your physician may recommend a steroid injection into your neck. Often these disk bulges can improve with time as your body attempts to reabsorb the bulging disks. Should conservative treatments fail and your numbness or weakness is causing distress, your physician may recommend surgery to remove the disk herniation.

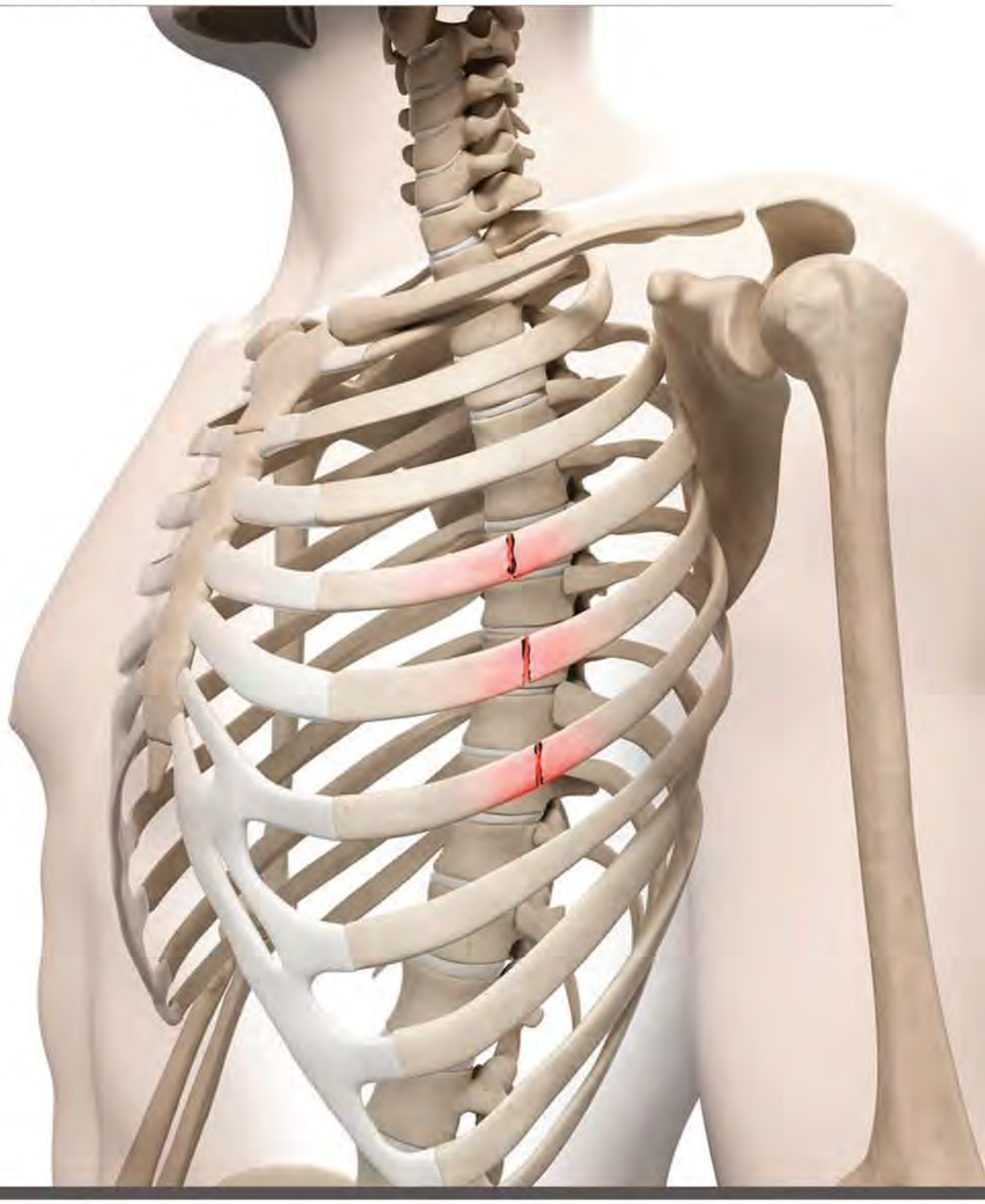
Other common areas where nerves may be compressed include your elbow or your wrist. Cubital tunnel is a neuropathy of the ulnar nerve at your elbow, causing numbness on the small-finger side of your hand. Carpal tunnel is a compression of the median nerve at your wrist, causing numbness on the thumb-side of your hand. Both problem causes weakness of your grip. Your sleep may be interrupted by severe numbness in your hands. Initial treatment is with a wrist brace for carpal tunnel or an elbow brace for cubital tunnel. You may need an electromyogram to determine the severity of compression. Surgical decompression is the most definitive way to resolve the problem.

Thoracic outlet syndrome is a compression of the nerves and blood vessels as they travel from your neck into your upper extremity. It can be caused by trauma, congenital abnormalities like a cervical rib, and rarely a compressive mass such as a tumor. You might complain of pain or numbness in any part of the upper extremity but it is a difficu diagnosis to obtain as it often mimics other diagnoses such as carpal tunnel syndrome and sometimes have other associated symptoms such as discoloration or coldness of the arms. Your physician may recommend physical therapy to treat this problem conservatively. Occasionally, surgery to remove the first rib is recommended for select cases.



"Burners" or "stingers" are different names for a common, but temporary, injury to your brachial plexus in collision sports. Your brachial plexus is a network of the nerves exiting your neck and extends to your armpit. During a takedown or throw, your brachial plexus may be hit or stretched, causing a period of temporary numbness or tingling running down your arm. If numbness persists longer than a few minutes, you have multiple stingers, neck pain, or numbness going down both arms, you should avoid returning to jiu-jitsu and seek medical evaluation.

LAST NIGHT I WAS ROLLING WITH THIS DUDE THAT HAD TO HAVE 60LBS ON ME. HE WAS IN KNEE ON BELLY THEN CAME INTO SIDE CONTROL AND SLAMMED DOWN PRETTY HARD ON THE LEFT SIDE OF MY CHEST. I DIDN'T HEAR ANYTHING CRACK BUT MY RIBS REALLY HURT, LIKE THE PART THAT STICKS OUT A LITTLE IN THE FRONT. HOW DO I KNOW IF I HAVE A CRACKED RIB? I'VE HEARD YOU CAN'T BREATHE WITH A CRACKED RIB. IS THAT TRUE? HOW LONG IS THIS GOING TO HURT, PLEASE HELP!



A: Bruised or broken ribs are common injuries in combat sports, and knee-on-belly is notorious for causing significant stress on your thoracic cage. Jose Aldo had to drop out of UFC 189 after he injured his ribs during training.

Rib injuries range in severity from a bruise, a single broken rib, to multiple rib fractures. The most common concern is that your injury may cause enough pain to limit your ability to fully expand your thoracic rib cage with breathing. If you cannot completely expand your chest, fluid can collect at the base of your lungs, causing difficul with breathing. This fluid accumulation is called atelectasis. The treatment of most rib fractures is aimed at preventing atelectasis by deep breathing and pain control.

More severe rib cage injuries such as those after car accidents will likely require hospitalization. Three or more rib fractures in a row is called flail chest, and these can cause a significant amount of breathing difficul . The rib cage protects the thoracic cavity, and with significant enough rib injury, damage to the lung or heart can occur causing accumulation of blood or air. These are surgical emergencies requiring urgent decompression and very rarely fixation of broken ribs. These injuries are rare in martial arts and are much more common after high-energy trauma like car accidents.

Diagnosing a rib fracture is difficul to do. A physical exam by a doctor may reveal crepitus, the sensation of broken bones moving under skin. Chest x-rays commonly miss rib fractures. A CT-scan is the best way to detect a fracture, but this requires a significant amount of radiation not needed for most injuries. A stress fracture or bruised rib could be determined using an MRI, but this investigation is expensive and unnecessary to perform unless you have a UFC contract.

Treatment for these injuries is largely conservative with pain control using non-steroidal anti-inflammatory medication such as ibuprofen, avoidance of jiu-jitsu until you are pain free, and breathing exercises. It may take 3 to 6 weeks before your pain is gone. If you have problems with breathing, seek medical attention.

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GA	Milton	Jamie Williams	678-824-5760
GA	Sharpsburg	Jorge Jimenez	404-917-4400
GA	Savannah	James Finizio	240-855-4403
GA	Woodstock	Alan Baker	770-926-3030
GA	Villa Rica	Daniel Lawing	770-459-9555
HI	Honolulu	Rylan Lizares	808-834-2550
HI	Maui	Luis Heredia	808-575-9930
ID	Boise/Meridian	Keith Owen	208-846-9119
ID	Pocatello	John Ralph	208-220-1809
ID	Twin Falls	Curtis Yergensen	208-404-4166
IL	Crystal Lake	Jeff Curran	815-356-0454
IL	Elgin	Jeffrey Kim	847-841-8705
IN	Clarksville	Brad Haynes	812-218-8000
KY	Henderson	Darron Morse	270-871-5866
KY	Louisville	Allan Manganello	502-426-0333
KY	Louisville	Scott Smith	502-384-7084
KY	Madisonville	Eric Myers	270-836-0179
LA	Morgan City	Steve Miller	985-384-5425
LA	Monroe	Bryan Mossey	571-236-9906
MD	Annapolis	Jon Garfield	443-962-3826
MD	Rockville	Max Tzentis	301-881-7314
MD	Damascus	Kyle Sefcik	240-207-3212
MD	Monrovia	Cesar Paredes	301-529-6289
MN	Brooklyn Center	Greg Nelson	763-560-5696
MN	Duluth	Cris Johnson	218-269-2588
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SC	Spartanburg	Nathan & Adrian Hayes	864-381-7837
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UT	Park City	Mike Diaz	801-637-6122
UT	Pleasant Grove	Mark Balcer	801-785-0354
UT	Sandy	John Carlquist	801-561-2535
UT	Salt Lake City	Eddie Edmunds	801-414-9852
UT	Salt Lake City	William Bernales	801-463-1727
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VA	Richmond	Joe Gray	804-550-5115
VA	Roanoke	Dennis Hayes	540-345-8609
VA	Herndon	**Pedro Sauer**	703-444-4468
VA	Virginia Beach	Nestor Bayot	757-963-1717
VA	Virginia Beach	Frank Cucci	757-495-7070
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Australia, Cleveland		Carlos Bozano Collor	61416961125
Australia, Melbourne		Murat Karadenizli	0401 582 738
Australia, Templestowe		David Krstic	0419 365 970
Brazil, Petropolis, RJ		Breno Angelo	24 2237 4874
Brazil, Sao Paulo		Thiago Bertoni	11 7866 1779
Canada, Foxtrap, NL		Jason Foley	709-834-0895
Canada, St. John's, NL		Alex Foley	709-237-5425
Canada, St. John's, NL		Michael Foley	709-738-8109
Chelmsford, Essex UK		Robin French / Peter Squire	-
Colombia, Floridablanca		Sergio Daza Suarez	311-476-6020
Iceland, Reykjavik		Johann Eyvindsson	-
South Korea, Seoul		Jeong Ho Lee	821043874200
Norway, Moss		Jørn Bakken	95162501
Norway, Østfold, Halden		Jon Fannar	004797681704
Riga, Latvia		Jevgenijs Minajevs	37127616064

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BULLETPROOF ANKLES

WORDS: **WILL SAFFORD**

JUST LOOK AT SOME GUYS' FEET AND THEY'LL TAP. OTHER GUYS' ANKLES FEEL LIKE RUBBER, IMMUNE TO ANY ATTACK BELOW THE SHIN. I'll take the Gumby ankles any day over tight, immobile feet ready to snap at any moment. And there's hope for those who suffer from the latter.

Last month our Medic column discussed what to do when dealing with ankle injuries; in this article, we're going to go over techniques you can use to make your ankles more impervious to injury. The ankles are often overlooked when it comes to strength training and injury prevention. The feet, however, are extremely important in sport, even if much of your time is spent on your back like in jiu-jitsu. Takedowns, guard passing, and most modern guards all involve the very important joints of your feet.

Not only must you have strong, healthy ankles for these positions, but you must protect them against vicious locks like toeholds, straight anklelocks, and heelhooks also. Resiliency and mobility thus become an issue, and seemingly more so with respect to no-gi grappling. Ankles that can express full range of motion and have some give without sacrificing stability will prove to be very useful against the jiuiteiros who favor the leg attack game.

Many dysfunctions to the knee and hip also originate from issues downstream in the ankles. So, that pain in your knee can actually be caused from poor mobility in your ankle. Additionally, if you lack range of motion in your feet, oftentimes your movement mechanics like in the squat, or while running and jumping, can suffer. In turn, you'll get less from your efforts in the gym and risk potential injury.

So, what can we do to promote healthy, resilient ankles that will perform as we need them and stand up to continued abuse on the mats? It starts with understanding the hierarchy of needs: mobility and flexibility first, then stability, and finally strength. You must commit to a program to achieve these qualities. At first it may consist of daily effort, depending on your level of ability, then eventually turn to a weekly maintenance program for continued ankle health.

SOFT TISSUE WORK

The first place to start is with soft tissue work and breaking up the matted down tissue and muscle adhesions in your lower leg. This will almost immediately free up some range of motion in the foot and ankle. The tissue above the Achilles tendon and on the inside and outside of your lower leg get extremely stiff from walking, running, modern footwear, and lack of attention. Commit to some, if not all, of the following soft tissue work on a weekly basis.

LACROSSE BALL

MEDIAL / LATERAL SHIN

You want to manually use the lacrosse ball to pull the muscle tissue and fascia away from the shin bone. Focus on the areas of high tension and work both the inside and outside of the shin.

PLANTAR SURFACE

Roll a lacrosse ball under your feet, applying as much pressure as you can handle. Take your time and spend at least two minutes on each foot.

FOAM ROLL

LATERAL SHIN

Sometimes the foam roll is more forgiving than the lacrosse ball on the muscles of the lateral shin. Roll up and down, but also side to side, to break up the tight tissue.

CALF

Spend some time rolling up and down and side to side on the muscles of your calf.

BONE SAW

You can use your own shin to break down the tight muscle of your calf and upper Achilles. Position the sharpest part of your shin directly over the area below your calf and above your Achilles, and work it side to side. Use your own body weight to apply more or less pressure.

FLEXIBILITY

The following moves are passive stretches you can use after training or during their own session. They are especially good after soft tissue work.

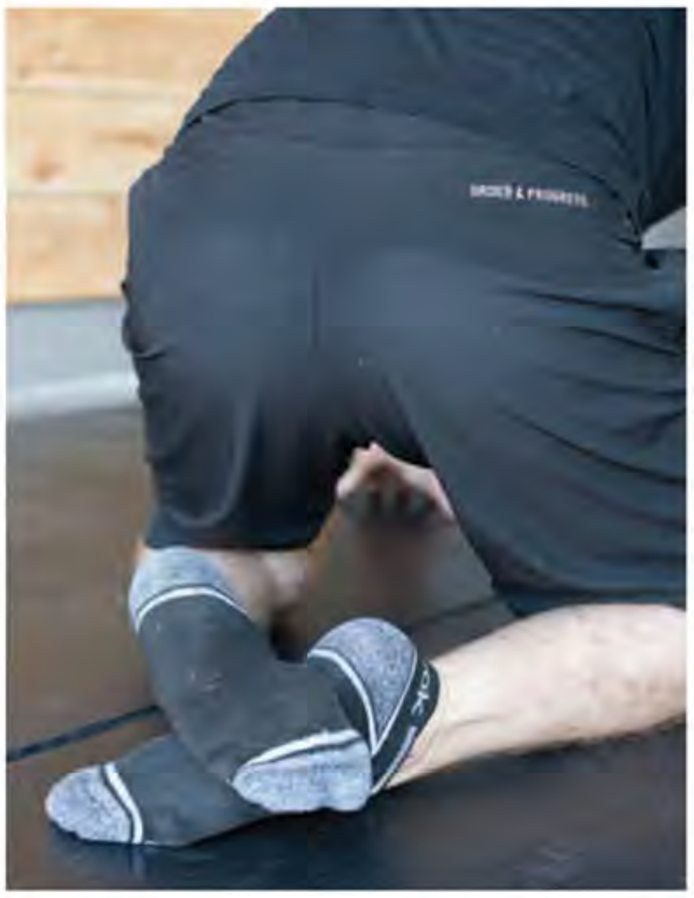
KNEELING PLANTAR STRETCH

This movement will stretch the bottoms of your feet and bring range of motion to your toes. Start on your hands and knees with your knees together and curl your toes under. Gently sit back onto your feet, driving pressure downward.

If you can manage that stretch, try sitting back on your feet with your hands off the ground.

SEIZA

This is a traditional form of sitting in Japanese culture. It involves starting from a kneeling position, then placing the top of one foot over the bottom of the other and sitting back onto your feet. Only hold this position for a maximum of two minutes per side to stretch the tops of your feet and ankles.



MOBILITY

Now that you've broken down the tight tissue of your lower leg, it's time to gain range of motion through mobility drills. These drills are meant to be done slowly, so aim to develop ROM gradually, one millimeter at a time. Overtime, you'll have full range of motion.

KNEE TO WALL

Stand about six inches from a wall with one foot forward. Drive your front knee to the wall without lifting your heel. If you're too close to the wall, you'll touch without feeling a stretch. If you're too far, your heel will lift ff the ground. Find the sweet spot where you get a good stretch but your heel stays flat on the ground. Don't allow your knee to collapse inward.

FIGURE FOUR ANKLE ROCKS

Start by sitting on the ground with both knees bent in a figure four position. Lift your hips up off the ground and put your chest on the back of your knee. Without allowing your arch to collapse or your heel to lift, pulse forward, putting pressure downward on your knee. Make sure that your knee does not collapse inward and your heel remains on the ground as you stretch the Achilles tendon and calf muscle.

STANDING ANKLE ROLLS

The goal of this drill is to safely push the limits of your range of motion, effectively increasing your ability to withstand ankle locks, toeholds, and heelhooks. The goal is not to become immune to these submissions but to reduce your likelihood of injury. Don't forget it's always smart to tap!

Start in a standing position, ideally on a mat, but a hard floor will also work. Step one foot back and place the toes down on the mat so the top of your foot is on the mat. Next, gently pulse the knee forward of the front leg, stretching the top of the foot on the rear leg. Continue pulsing for 10 to 20 reps. This should feel like a straight anklelock.

Next, allow your heel to drop outward on the rear leg and continue pulsing for 10 to 20 reps. This should feel like a toehold.

Finish the series by turning your heel inward and toes outward, and gently roll your rear knee forward. This is a very small movement and will feel like a heelhook. Continue this sequence on the other foot and be sure not to push too aggressively, as you can injure yourself.

STABILITY

Any type of exercise done on one leg will develop the stabilizing muscles of your lower leg and ankles. Examples include presses, rows, and tosses from one foot. However, to best develop your ankle stabilizing muscles, aim for an exercise that will have you on one foot for at least 90 seconds.

Start on one foot and do a series of hip circles with the other leg. This will mobilize your hip while stabilizing your ankle. Gradually increase to softer surfaces to challenge your stability.

STRENGTH

WALKING CALF RAISE

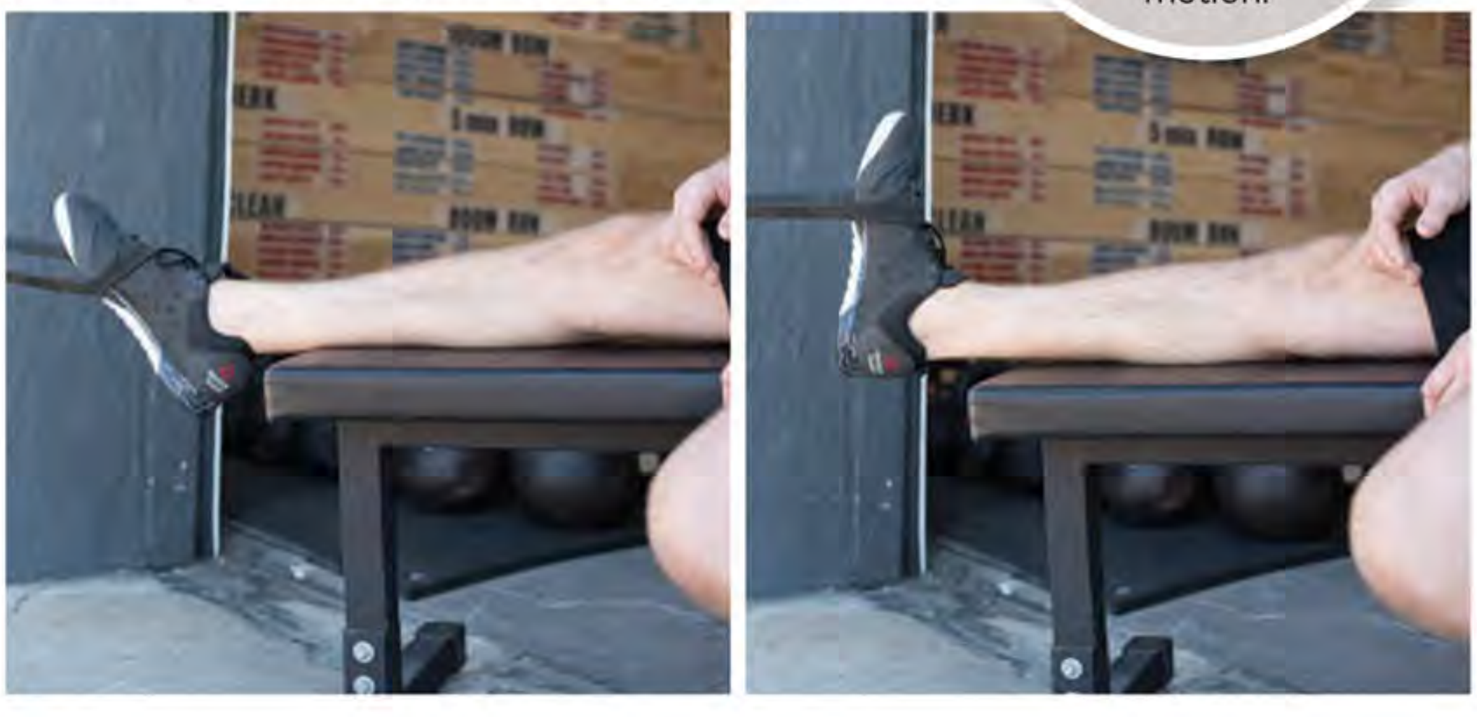
Hold a dumbbell in one or both hands and raise up onto the ball of your foot as you walk for a distance or time. This will develop your calf and ankle muscles while working your core.

DORSIFLEXION BAND PULLS

Loop a band around a low anchor point and sit on a bench so your foot hangs off the end. Loop the band over your foot and pull the band toward you by flexing your foot upward, strengthening the muscle of your shin.

TIP

It's best to perform all of these movements with your shoes off to allow for maximum range of motion.



THE WORKOUT

FOR SOFT TISSUE, FLEXIBILITY, & MOBILITY

LAX BALL

Media/lateral shin - 2 mins per side per leg.

Plantar surface – 2 mins per foot.

Kneeling Plantar Stretch – 2 mins.

FOAM ROLL

Calf – 2 mins per leg

Knee to Wall – 10 reps per leg x 2

Lateral shin – 90s per leg

Seiza – 90s per foot

Bone Saw – 2 min per leg

Figure 4 Ankle Rocks – 90s per leg

STANDING ANKLE ROLLS

Straight Ankle Mob 15 reps per foot

Toe Hold Mob 15 reps per foot

Heel Hook Mob 15 reps per foot

STABILITY & STRENGTH

Accumulate 2 mins standing on each foot making various shapes with other leg.

Small Circles each way

Large Circles each way

Figure 8's each way

Spell your name

Spell the alphabet

Three point taps - front, side, back

WALKING CALF RAISE

4 sets of 40m w/ a dumbbell in each hand

DORSIFLEXION BAND PULLS

3 sets of 20 reps per leg

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2016 WORLD NO-GI CHAMPIONSHIP

WORDS: **IVAN TRINDADE** | PHOTOS: **IVAN TRINDADE/ANE NUNES – GENTLE ART MEDIA**

YURI STRIKES AGAIN

With a flawless performance, Simões became the first male black belt to hold two world titles in the Open Class Division of the World No-Gi Championship.

After nine years in Southern California, the IBJJF moved the World No-Gi Championship to San Francisco, about 400 miles up the coast. The host venue was historic Cow Palace, which once hosted big acts like the Rolling Stones, Lynyrd Skynyrd, and Bon Jovi. Some of jiu-jitsu's best competitors fought their heart out for the ultimate glory of being called World Champions. Among all the warriors, Yuri Simões and Nathiely de Jesus were easily the standouts with their double gold campaigns in the adult black belt division

Yuri won his second gold medal in the Open Class Division, something no other athlete has done in ten years. In four matches, Yuri had no easy path to the top of the podium. First, on Saturday, he caught Marcus Wilson with a katagatami, beat Thiago Sá 2-0 on advantages, and finally beat Augusto Tanquinho by referee decision in the semifinal. His final opponent would be Murilo Santana, who had an even better performance, finishing two out of three opponents on his way to the gold medal match. He first beat Marcel Gonçalves by points in the round of 16, then he caught Josh Hinger with a guillotine, and finally finished Jared Dopp with an armbar in the semifinal.

Mission accomplished. Yuri celebrates the honor of being the only two-time Male World No-Gi Black Belt Open ClassChampion.

Coverage Powered by Gameness

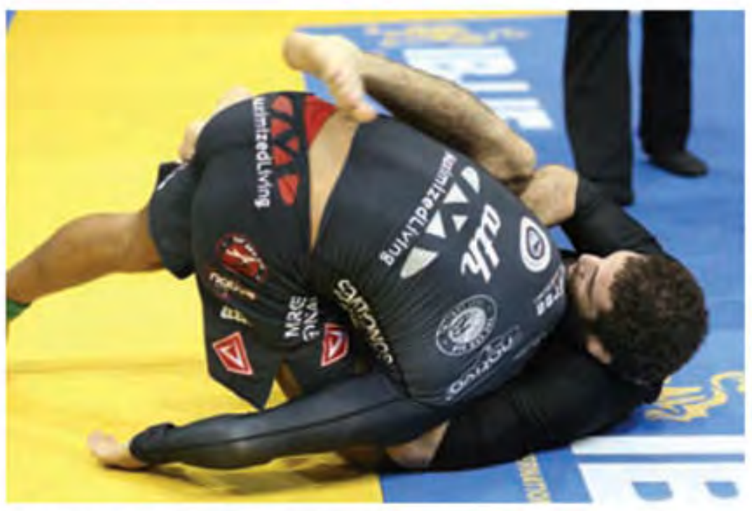
❖ Murilo held onto his guard game during the final match in the absolute, and Yuri could only claim the win via penalties.

❖ Yuri and Tanquinho had such a close match that the winner was only decided by a majority of two out of three referees.

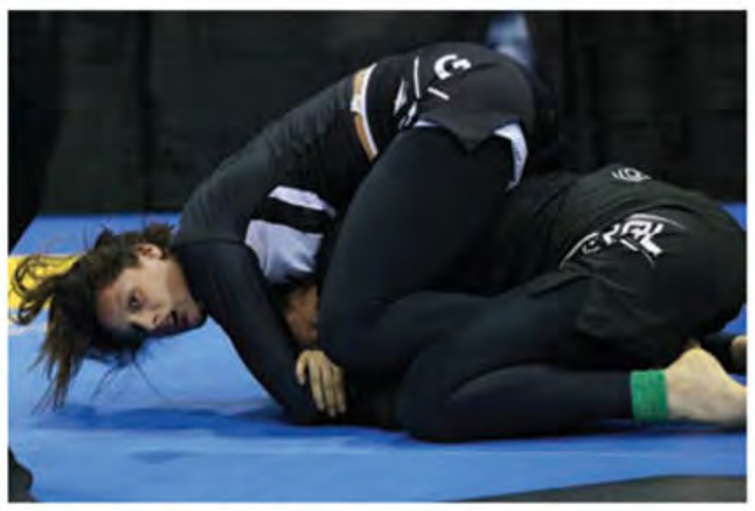
❖ In the quarterfinals, Yuri managed a 2-0 lead on advantages over Thiago Sá to advance in the Open Class.

❖ Yuri debuted in the Open Class with a katagatami finish on Marcus Wilson.

❖ Murilo found a tight armbar on Jared Dopp to qualify for the Absolute Final.



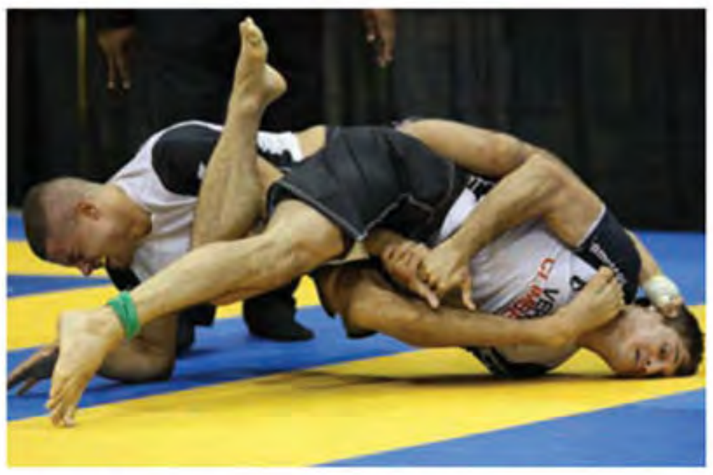
❖ Murilo debuted in the Open Class with a tough match against Marcel Gonçalves.



❖ Nathi works the RNC on Andresa Correa to finish a flawless campaign in the open class.

❖ Mikey Musumeci kept his string of wins over João Miyao with a 8-6 lead in the Light Featherweight Final.

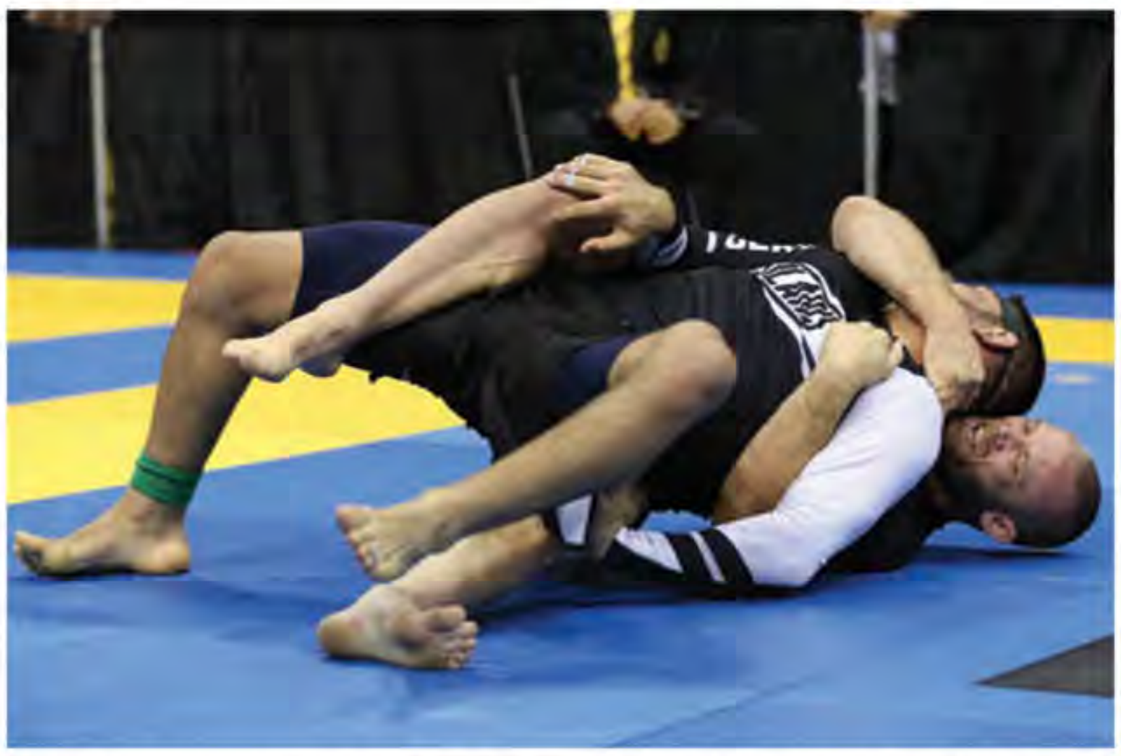
❖ Caio Terra won his 9th gold medal at the Worlds No-Gi in 10 years. He choked Washington Lima in the semifinal and then closed out the final with teammate Thiago Narciso.



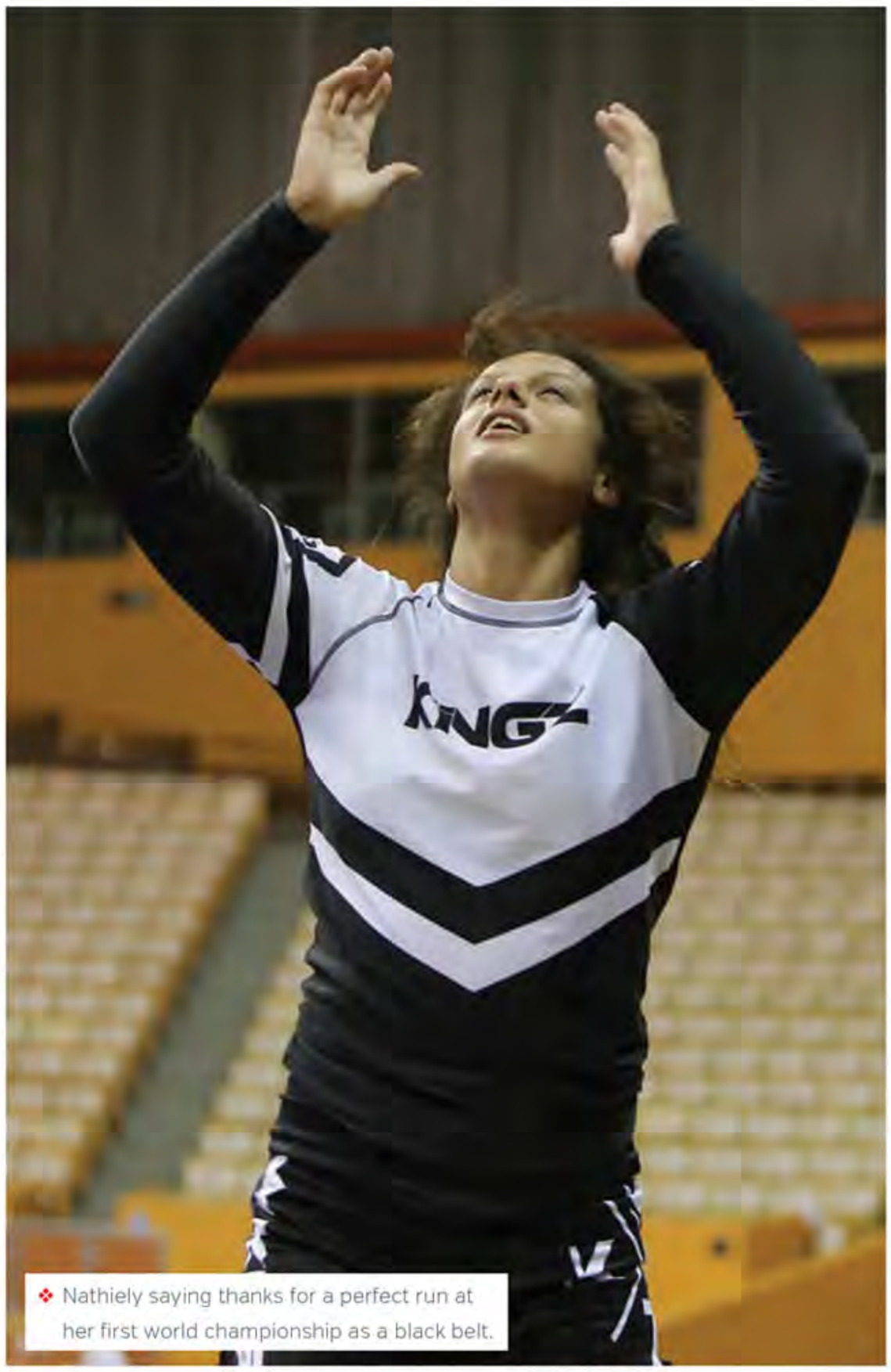
❖ Osvaldo Moizinho beat Kim Terra 2-1 on advantages and closed out the Featherweight Division with Ares JJ teammate Samir Chantre.

❖ Marcio Andre won his first world title as a black belt with a 2-0 win over the always tough Rodrigo Freitas in the Lightweight Final.

❖ Marcelo Mafra won his second gold medal at the Worlds No-Gi with a sneaky guillotine on the dangerous Marcelo Garcia Black Belt Jonathan Satava, in the Middleweight Final.



❖ Josh Hinger worked hard to achieve his much desired first world title as a black belt. In a solid performance, he outscored Charles Negromonte 11-0 to claim the Medium-Heavy division.



❖ Nathiely saying thanks for a perfect run at her first world championship as a black belt.

The final match was a ten minute affair where both fighters showed a lot of respect for each other. With that, not much action was offered to the crowd. Murilo stayed on the bottom looking for sweeps while Yuri worked his pressure game to try to smash and pass. At the end of regulation, one penalty was enough to decide the title and Yuri got it. He celebrated his unprecedented second world title in the Adult Male Open Class Division of the Worlds No-Gi. "It was a personal goal of mine to win at the Worlds No-Gi again after being out in 2015. I said then that I was gonna be back, and today I fulfilled my word," said Simões after the triumph.

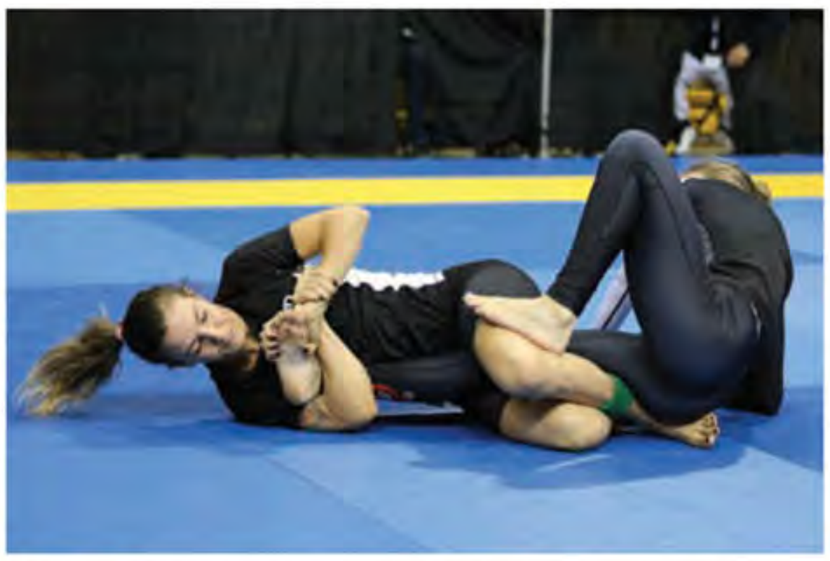
Nathiely de Jesus did not compete a lot before she became a purple belt. That's why it seems the black belt out of the Cicero Costha camp, in São Paulo, Brazil, just appeared out of thin air to make quite an impact in the competition scene. At 20 years old, Nathiely seems to be Brazil's answer to the equally young and talented Dominyka Obelenyte, the reigning two-time black belt Open Class World Champion (in the gi). In San Francisco, Nathiely was competing in her first world championship as a black belt, but you'd never notice that by just looking at her performance. Nathiely was absolutely in control of her opponents and finished all but one of her four matches during the weekend. In the Open Class Division, she went two for three. She made it to the final with a 2-0 win over Talita Alencar and a rear naked choke on Amanda Loewen in the semifinal. Her opponent would be the much more experienced Andresa Correa in her second Open Class Final in a row. After losing to Mackenzie Dern in 2015, Correa wanted the title badly. She made it to the final with two finishes in two matches. Correa applied a leglock on Sofia Amarante and then a toehold on Ida Floisvik.

The final match was pretty even up until the final minute. Andresa stayed on top working to pass while Nathiely used her long legs to create the opportunity for a sweep. After much scramble, Nathiely finally managed to come up on top and went straight for Andresa's back, scoring the four points and then working to get the RNC in place. A few moments later, that's what she did and the tap followed. A new champion was crowned. After the win, she was in a loss of words, "What can I say about my first world championship as a black belt? Words fail me to express so much happiness. I just want to thank all of those who have helped me."

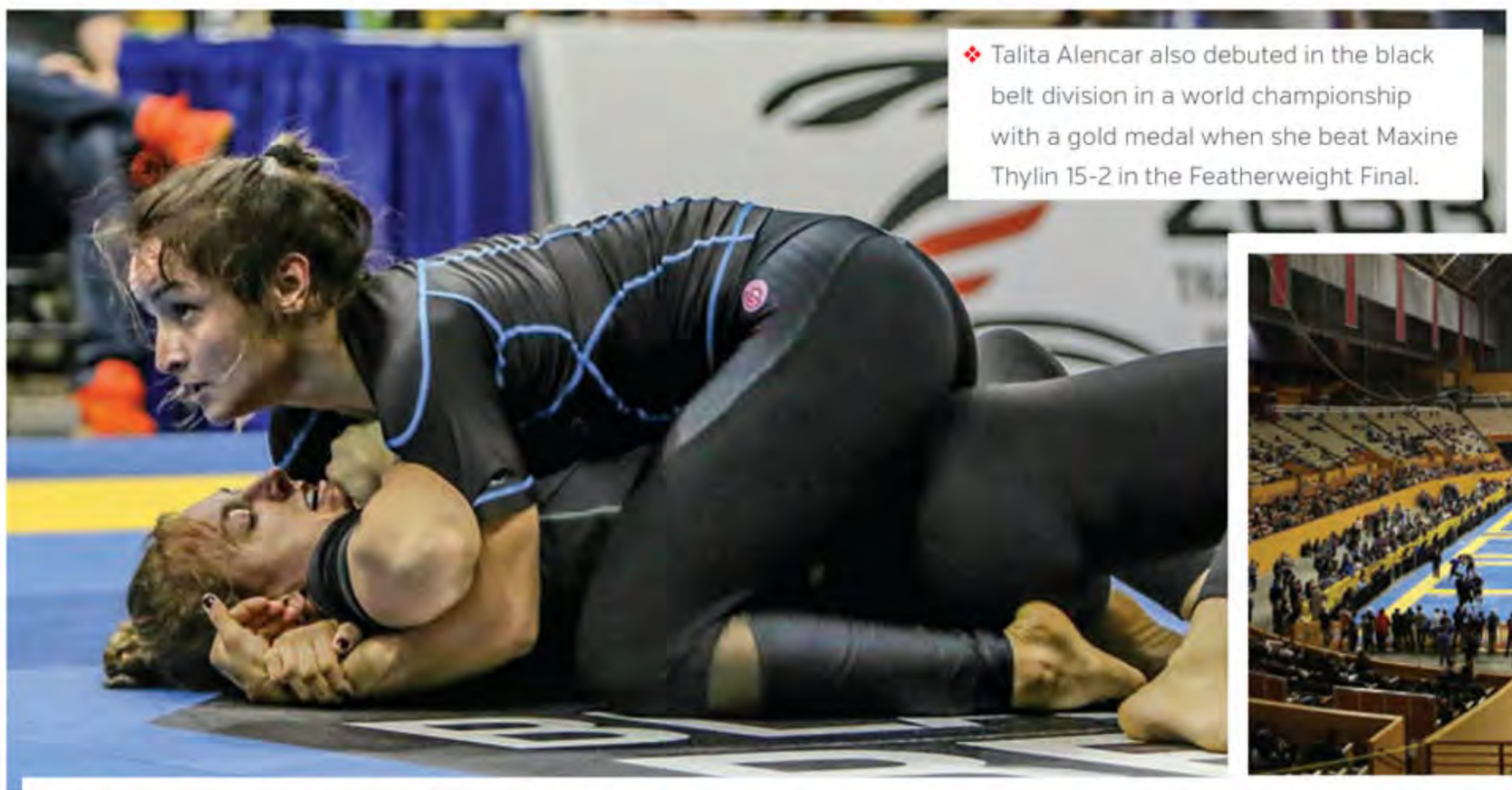
❖ Lucas Barbosa is another two-time black belt world champion who won with 1-0 on advantages over Vitor Oliveira in the Heavyweight Division.

❖ Luiz Panza beat sickness during the week prior to the Worlds No-Gi, but even so, he worked his way to a footlock on Jared Dopp to win the Superheavy Division.

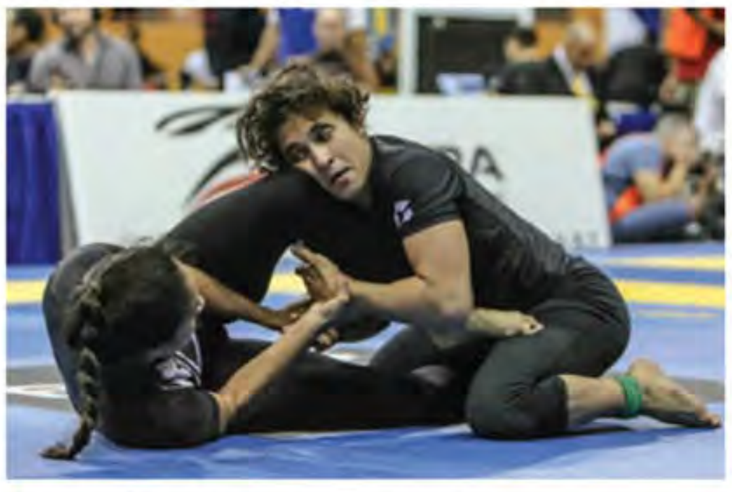
❖ Yuri Simões completed his double gold campaign with a 4-0 win over Gustavo Dias in the Ultraheavy Division.



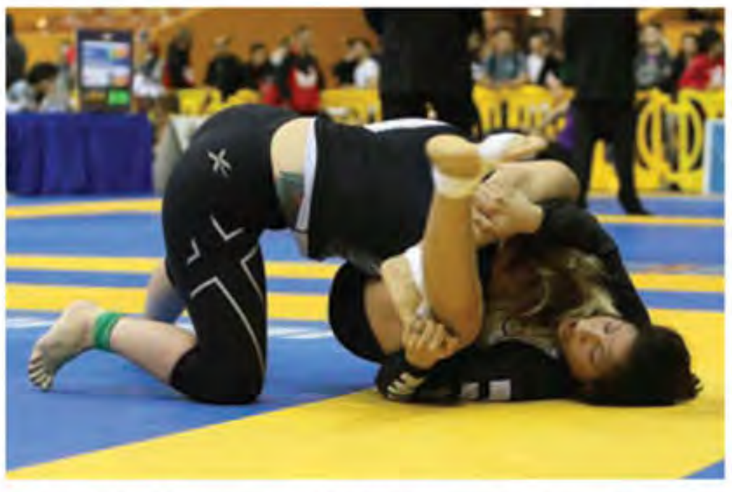
❖ Patricia Fontes won her third world no-gi title with two toeholds on Fiona Watson both in the semifinals and the final of the Lightfeather Division.



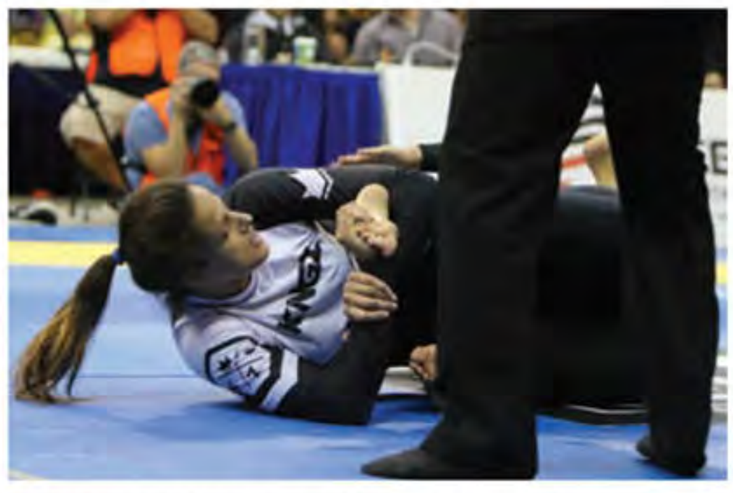
❖ Talita Alencar also debuted in the black belt division in a world championship with a gold medal when she beat Maxine Thylin 15-2 in the Featherweight Final.



❖ Tammi Musumeci is now a three-time No-Gi World Champion. She beat Jaqueline Amorim 6-4 in the Lightweight Final.



❖ Amanda Alequin caught Ida Floisvik in a triangle that ended out of bounds and caused Floisvik's disqualification to earn Amanda the Middleweight title.



❖ Nathiely de Jesus caught Megan Nevill with a toehold to win the Medium-Heavy Division.

RESULTS

Other than the adult division, the Worlds No-Gi also had great thrills in the Master and Juvenile Divisions. After all was said and done, the fina teams results were:

ADULT MALE

1st) Atos JJ- 94pts
2nd) Brasa Caio Terra - 57pts
3rd) Alliance - 42pts.

ADULT FEMALE

1st) Alliance - 43pts
2nd) Atos JJ - 42pts
3rd) Gracie Barra - 37pts.

MASTERS

1st) Brasa Caio Terra - 152pts
2nd) Checkmat - 129pts
3rd) Gracie Barra - 107pts.

JUVENILE

1st) Atos JJ - 59pts
2nd) Zenith BJJ - 39pts
3rd) Brasa Caio Terra - 36pts.

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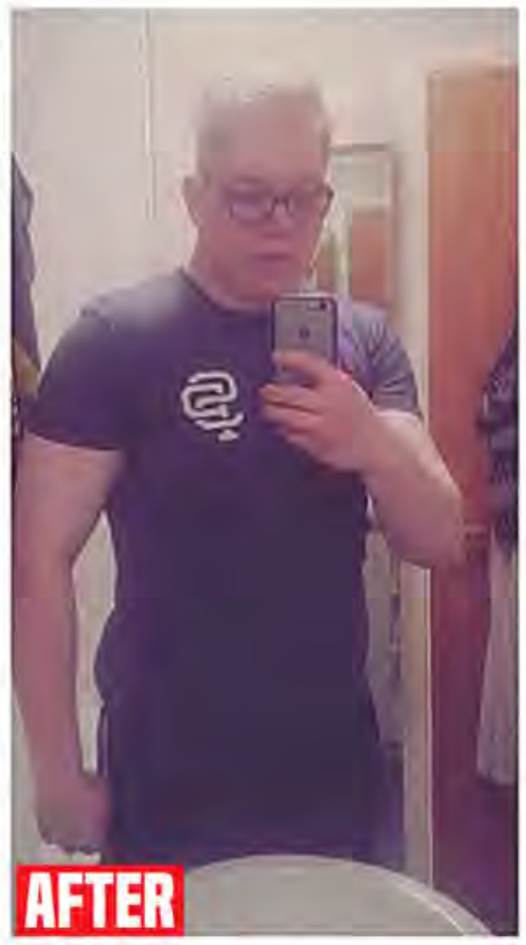
* The organization may schedule fights for Tuesday, January 17th, if the number of athletes registered exceeds our capacity to fit the event in five days.

LEVI BUNYAN

SIZE A7 IS PROBABLY NOT A GI SIZE YOU WILL RUN INTO VERY OFTEN. FOR LEVI BUNYAN, IT WAS ALMOST IMPOSSIBLE TO FIND. At 418lbs (190kg), Levi had to train in no-gi until he was able to find a gi that would fit him. Even then, he had to wear jogger bottoms because the pants wouldn't properly fit. Although traditionally very shy and reserved, Levi stuck with jiu-jitsu. Fast forward three years later and he's down to 231lbs (105kg). He's down to A3 gis and still in love with the sport. More importantly, he is happier, more confident, and very much enjoying life.



AGE: 28 | **HEIGHT:** 6ft 1in
STARTING WEIGHT: 190kg (418lbs)
CURRENT WEIGHT: 105kg (231lbs)
HOMETOWN: Aberdeen
HOME SCHOOL: Aberdeen Martial Arts Group / Carlson Gracie Aberdeen
INSTRUCTOR: Peter Richardson (Black Belt under Rey Diogo)
BELT RANK: White Belt (Four Stripes)

How did you discover jiu-jitsu?

Like most people, I discovered jiu-jitsu through UFC. It wasn't until much later when I started training at Aberdeen Martial Arts Group (AMAG) that I got interested in grappling. I started off doing the Phase One Beginners Program, which was mainly stand up punching and kicking but had some elements of groundwork. On a Saturday class, I was asked if I wanted to do the wrestling class after one of my Phase One classes and really enjoyed it.

What motivates you to train?

I like to set goals and milestones. For example, when losing weight, I set myself a goal to lose 20kg, then 40kg, then 50kg, and it all snowballed from there. Every time I hit a new milestone, I'd set a rough date and aim to work towards that to lose the weight. More recently, I use competitions as my goal to train harder. I've competed roughly 12 times since starting jiu-jitsu and enjoy the focus it gives me to get better and gives me something to work towards. Now that I'm closer to my final goal weight, I'm using competitions and training more as my main goal, and the weight loss follows as a by product.

What else do you do for physical fitne s?

Other than jiu-jitsu, I train judo and wrestling once a week to help my stand up. I also try and swim at least three times a week as I find it really helps loosening everything, especially if I go in the sauna afterwards. I am also slowly getting back into lifting weights again too.

How have you changed your diet?

I was lucky to find a group on Facebook called Fat Loss Made Easy early into my weight loss journey. It's a page full of personal trainers and people trying to get into better shape. A lot of people gave a lot of their time to help me in the beginning with my food choices and helped clear the pseudoscience and put me on a better path. Diet wise I eat to a calorie goal (at the moment 2600kcals a day) and then I have an aim of 180-200g of protein a day. I aim to get around 26-30g of fiber a day, and then the rest of the calories come from fats and carbs. I try to eat things that will fill me more and like volume eating. I prefer three larger meals and a snack rather than grazing all day and never really getting full.

What's been the biggest challenge so far?

My biggest challenge was just pushing myself to go out and do it. Having the confidence to keep going even when I felt stupid or out of place. In the beginning, very basic things were really difficul because of my size and body type, but because the team is so friendly and welcoming, they encouraged me and I didn't feel as embarrassed. If it wasn't for the support from my teammates and coaches, I doubt I would have stuck to it.

What's been the best benefit f om the changes you've made?

Confidence and self worth. I have always been quite a shy person and quite antisocial, but finding jiu-jitsu has, as cliché as it is to say, saved my life. It's given me confidence to go out and not feel stupid and out of place, but also the weight loss has given me confidence in the sense of feeling and looking better. Simple things like being able to go into a shop and not have to worry if they have my size t-shirt or jeans.

What advice would you give to someone else looking to make the same sort of change?

Just do it. If you want to do jiu-jitsu, do it. Don't wait until you've lost weight to start, use jiu-jitsu as a tool to start losing weight. For me, personally, the reason I stuck with it is because I really enjoy it. I've never enjoyed going to the gym or going running, as I find it incredibly boring, but with jiu-jitsu, I enjoy it and I feel myself progressing with it, which drives me to keep going. My biggest piece of advice would be to find something which you enjoy and stick at it. Enjoy the journey.

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QUEIXINHO

2X NoGi World Champion
3X Pan Am NoGi Champion
IBJJF Pro League Champion
Multiple X National Champion

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